



SPRINGBOARD Day

BUGS: 4 - 10 MONTHS

WELCOME TO AN EXCITING STAGE OF EARLY MOVEMENT AND DISCOVERY! YOUR LITTLE ONE IS A BUG!

Your baby is beginning to explore the world around them, and this parent/child class provides a nurturing space to build strength, coordination, sensory awareness, and community.



WHY THIS CLASS MATTERS

- Builds strength to roll, crawl, sit or stand.
- Encourages sensory exploration, fostering cognitive growth
- Supports bonding through interactive partner exercises
- The Little Gym offers a safe environment for reaching early milestones through developmental gymnastics & sensory play



KEY SKILLS LEARNED

- Strengthening tummy time and core stability
- Foundational coordination like gross & fine motor skills
- Sitting and rolling over; standing and weight bearing
- Grasping and early fine motor skills
- Sensory play to boost cognitive growth
- Increased vestibular system (improved balance and inner ear development)
- Secure attachment, social-emotional skills & early communication like baby sign

...AND MORE!

WHAT YOU CAN EXPECT

This parent-child class fosters bonding through music, movement, sensory play, and early social interaction, helping babies build strength, coordination, and confidence in a supportive setting.

THE Little
Gym®
Serious Fun.



WHAT COMES NEXT



As your little one starts crawling and standing, they'll be ready for the **Birds class (10-19 months)**, where they'll build strength and balance for early locomotor skills like walking and running.