



# SPRINGBOARD Day

**FLIPS:**  
**6 - 12 YEARS (BEGINNER)**

## YOUR GYMNAST IS SPRINGBOARDING!

Your child has reached an exciting stage in their gymnastics journey! This is a playful, fun based class teaching the correct fundamentals. Trained instructors introduce challenging gymnastics skills, that your child will review and master to build their body strength, coordination and confidence.



### WHY THIS CLASS MATTERS

- Builds strength, balance & coordination
- Teaches determination, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Enhances confidence through new skill mastery
- Encourages focus, coachability & teamwork in a fun setting



### KEY SKILLS: BEGINNER

- Tumbling:
  - Cartwheels & one-handed Cartwheels
  - Handstands & Handstand Forward Rolls
  - Backwards roll down an incline
  - Front & Back Handsprings with support
  - Bridge & split progressions
- Vaulting: Straddle, Squat & Beginner Handspring Vaults
- Beam: Mount variations; Balances & Travels along the beam
- Bar: Cast off dismount; Re-grip swings; Pull over variations
- Rings: Holds, Supports, Hangs

**...AND MORE!**

### WHAT YOU CAN EXPECT

A structured class for children refining gymnastics skills through strength, flexibility, and confidence-building. With a focus on body mechanics, air awareness, and safety, children practice progressive skills in an encouraging environment.

**THE Little  
Gym®**  
**Serious Fun.**