



# SPRINGBOARD Day

FUNNY BUGS:  
3 YEARS

## YOUR LITTLE GYMNAST IS SPRINGBOARDING!

Your child is gaining independence and refining movement skills! This instructor-led class blends imaginative play with our structured gymnastics curriculum to help preschoolers build strength, body control, and confidence in a fun and supportive environment.



### WHY THIS CLASS MATTERS

- Learns to develop independence and self-regulation
- Strengthens motor skills, balance, and coordination
- Begins to follow directions with independent participation
- Encourages creative movement and problem-solving
- Builds social confidence & friendships in a playful setting



### KEY SKILLS LEARNED

- Forward and backward rolls
- Basic cartwheel & handstand progressions
- Introduction to vaulting
- Directional walking & poses on higher beams
- Swinging and strength-building exercises on bars & rings
- Learning controlled landings and safe falling techniques
- Following directions through imaginative & interactive play

...AND MORE!

### WHAT YOU CAN EXPECT

This class builds confidence and independence through a mix of structured and safe, explorative activities. Preschoolers start to learn gymnastics techniques, listening and social awareness through instructor-supported skill development and positive reinforcement.

THE Little  
**Gym**®  
Serious Fun.



### WHAT COMES NEXT



As skills develop, children transition to **Giggle Worms (4 years)**, where they'll further develop gymnastics techniques, building more strength and flexibility along with confidence and character.