



SPRINGBOARD Day

GIGGLE WORMS:
4 YEARS

YOUR LITTLE GYMNAST IS SPRINGBOARDING!

Your child is developing more control over their body and movement. This class introduces new gymnastics skill progressions while promoting teamwork, creativity, and confidence. Through structured learning and Seriously Fun challenges, they'll refine their coordination and prepare for future skill-building opportunities.



WHY THIS CLASS MATTERS

- Enhances coordination, strength, and flexibility
- Builds confidence through new skill mastery
- Develops teamwork and social interaction
- Encourages independence, self-regulation & self-motivation
- Strengthens problem-solving and creative thinking



KEY SKILLS LEARNED

- "1, 2, 3 Cartwheel" & Handstands with a back leg kick
- Vaulting and proper landing techniques
- Controlled jumping sequences & directional movement patterns
- Independent step variations & poses on higher beams
- Swings, hangs, holds & upper body strength training on bars & rings
- Listening skills & language development in a group setting
- Interactive social & emotional skills with team and coaches

...AND MORE!

WHAT YOU CAN EXPECT

This class builds confidence and cooperative learning through structured activities, gymnastics techniques, and instructor-supported skill development, all while positively reinforcing listening comprehension and social skills.

**THE Little
Gym®**
Serious Fun.

WHAT COMES NEXT

These master movers are ready to join **Good Friends (5 years)**, where they'll work together to learn more complex gymnastics skill combinations, boosting confidence and resilience as they cheer each other on.