



SPRINGBOARD Day

GOOD FRIENDS:
5 YEARS

YOUR LITTLE GYMNAST IS SPRINGBOARDING!

Beaming with confidence, your Master Mover is ready for new challenges and more complex skill combinations. This transitional class introduces progressive gymnastics skills, group tumbling, and team-building challenges to start your little gymnast off strong in preparation for our Grade School program.



WHY THIS CLASS MATTERS

- Adds fluidity to more complex motor skills
- Builds confidence through new skill acquisition
- Learns how to be part of a team
- Encourages peer support and motivation
- Improves sequential learning through gymnastics skill combinations



KEY SKILLS LEARNED

- Tumbling: Cartwheels, Rolls & Handstands
- Vaults: Straddle On, Straddle Over & Supported Handspring Vaults
- Beam: Balances, Locomotor & Tumbling Skills
- Bars: Big Swings, Supports & Circles on Low and High Bars; Rings
- Memorizing popular gymnastics skill combinations
- Group Tumbling synchronization, team work & coachability

...AND MORE!

WHAT YOU CAN EXPECT

Good Friends work together to learn gymnastics skill combinations, and develop the spatial awareness needed for the Grade School gymnastics program through stretching and group tumbling exercises.

**THE Little
Gym®**
Serious Fun.



WHAT COMES NEXT



Next, children advance to **Grade School Gymnastics (6-12 years)**, where gymnasts focus on more advanced skills with structured progressions in a non-competitive, fun, team-oriented environment.