



SPRINGBOARD Day

JETS:
6 - 12 YEARS (ADVANCED TEAM)

YOUR GYMNAST IS SPRINGBOARDING!

Congratulations, children in this class have achieved a high degree of skill and are ready to take their gymnastics to the next level! Trained instructors integrate conditioning and strength activities to help children master new skills and sequences through group cooperation and teamwork. With each new achievement, gymnasts build confidence in themselves, and also each other.



WHY THIS CLASS MATTERS

- Builds strength and power
- Teaches perseverance, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Enhances confidence through advanced sequence mastery
- Encourages focus, work ethic & team camaraderie in a fun setting



KEY SKILLS: ADVANCED TEAM

- Aerial variations: Round off, back handspring, back tuck somersault
- Tumbling:
 - Back tuck somersault
 - Backward roll to handstand
 - Forward walkover & front handsprings
 - Straddle Lever to handstand
 - Handstand 360 degree pirouette
- Beam: Backwards walkover, Handstand to forward roll, Jump & leap combinations on high beam
- Bar: Mounts Glide Kip, Circles, Cast to handstand
- 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.