



SPRINGBOARD Day

SUPER BEASTS:
2^{1/2} - 3 YEARS

YOUR LITTLE ONE IS SPRINGBOARDING!

At this stage, your child's ready to channel all that energy into new challenges in a safe, nurturing environment! This transitional parent-child class helps children prepare for our independent Pre-School program, by developing a love for learning with parental support. Children learn more independent gymnastics skills, build listening skills & learn how to play with friends during instructor-led activities. A great start for your soon-to-be pre-schooler!



WHY THIS CLASS MATTERS

- Coordinated running, galloping & jumping machines
- Build trust with their gymnastics instructor
- More structured play develops early listening skills
- Instructor-led games foster teamwork and patience
- Builds a love for learning in a fun, safe setting before pre-school



KEY SKILLS LEARNED

- Basic tumbling (introductory forward rolls, handstands, cartwheels)
- Jumping down from a height, safely landing on 2-feet
- Hangs, swings & mounts on bars
- Directional walking across low and high beams
- Following directions and working with others in a group format
- Build trust with their first "coach"

...AND MORE!

WHAT YOU CAN EXPECT

This final parent-child class sets a strong foundation of physical, cognitive, and social skills needed in pre-school.

Children develop a positive relationship with a first "coach" to grow fundamental gymnastics skills, listening skills, and teamwork.

**THE Little
Gym®**
Serious Fun.



WHAT COMES NEXT



As coordination and confidence improves, children move into **Funny Bugs (3 years)**, where they'll begin learning structured gymnastics skills in an independent-setting, surrounded by fun & imagination.