



SPRINGBOARD Day

TWISTERS:
6 - 12 YEARS (INTERMEDIATE)

YOUR GYMNAST IS SPRINGBOARDING!

Congratulations, children in this class have achieved a particular skill level! In this environment skill growth happens quickly. Trained instructors positively reinforce effort so children experience success and build their self-confidence, self-image, and self-esteem.



WHY THIS CLASS MATTERS

- Builds strength, flexibility, and control
- Teaches drive, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Advanced skill prep
- Encourages focus, positivity & teamwork in a fun setting



KEY SKILLS: INTERMEDIATE

- Tumbling:
 - Dive cartwheels
 - Round-off progressions
 - Handstand 90 degree pirouette
 - Backward rolls on a flat mat
 - Bridge kickover & splits
 - Front handspring & back handspring with support
- Vaulting: Squat through, straddle over, handstands
- Beam: Squat on mount; Jump variations; Cartwheel on low beam
- Bar: Back hip circle; Front hip circle with support; high bar skills
- 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.