

NEW Active Start Classes are based on the Long-Term Athlete Development (LTAD) Active Start Model for children ages 0-6 years. We have taken parent feedback into consideration as we strive to improve our programming to meet the needs of all families, as well as our coaching staff.

At Springers Gymnastics Club, all children ages 2 1/2 - 6 years will be considered active start athletes. We will focus on developing your child's physical literacy, using a multi-movement approach.

Games and circuits will be the main method of program delivery, incorporating all 7 of the Fundamental Movement Patterns (FMP's), which are: Springs, Swings, Locomotions, Stationary Positions, Rotations, Landings and Object Manipulation.

In the warm-ups, we will do stretching, games, and circuits, your child will be learning the basics and fundamentals of physical literacy. Sometimes it may seem repetitive, but the more practice your child has at developing his or her skills, the better.

We will be working on Gross Motor Skills (running, jumping, climbing, rolling, twisting, kicking, throwing, catching), motor qualities of agility, balance, and coordination, physical qualities such as strength and flexibility, as well as cognitive development stages in space and body awareness, patterning, directionality (up, down, in, out, over, under), and communication and problem-solving.

Within our structured class, your child will also have the opportunity to practice social skills such as listening, following directions, cooperation, and the confidence to try new things.

Our goal is to keep the children busy and active throughout the whole class!

Springers Jumping Beans (2 1/2 - 4 years) – a 30-minute class for beginners or those children who require a shorter amount of class time.

Springers Sprouts (3-5 years) – a 45-minute class for children who have been in Jumping Beans or children that need to continue to work on physical literacy and social skills.

Springers Hotshots (4-6 years) – a 45-minute class for children with advanced gross motor skills and those that excel at the seven fundamental movement patterns.

*Please note that as children progress through the program, coaches will ensure they make appropriate recommendations for the following session.

*If you have any questions about where your child should be placed, please email Stephanie Erhardt, our Recreational Program Director – springers.stephanie@gmail.com or mail@yorktonspringers.com