

Benefits For Children Taking Preschool Gymnastics

Parenting Is Tough - We Can Use All The Help We Can Get!

Enrolling your child in a preschool gymnastics class allows us to help educate your child for today and future activities. One of our primary preschool gymnastics goals is to help them be more prepared and motivated for Kindergarten. Through our physical activities our preschool gymnasts show vast progress in the skills and confidence they need to excel once they start school. You have made a great choice in your parenting by choosing gymnastics for your preschooler.

Easier Parenting - Most children in preschool gymnastics are easier to manage by their parents. A bold, bold statement but it is true. We get your preschoolers used to hearing directions, understanding yes and no, learning that there are limits, that they can't do what they want to do all of the time and to consider others. We teach control, we teach discipline with sitting in lines, taking turns and starting and stopping activities. These areas benefit the parenting of the child a great deal.

Social Skills - Talking to others. Sitting next to others and communicating. Watching others take their turn. Being happy for others when they do good. Watching how others react in certain situations. All social skills that our preschool students observe and learn from.

Listening and Following Directions - Absolutely one of the most important lessons a preschool age child needs to learn to move forward and improve. "Stop for a moment and listen to my words." So important. To focus on someone giving instructions is huge. Learning to put aside their desires and feelings for a moment to "listen." To "focus." To "relax" for a moment. Huge!

Limits - Preschool age children need to learn that there are limits. That they can't just run anywhere or jump off of anything. They need to know that there are limits to what they can do. Our classes help show what limits are and how to deal with them.

Making Decisions - Along with limits comes decisions making. "Is this okay to do?" "Could I get hurt?" "Did my gymnastics teacher say this was okay?" "Did my Mom say this was okay?" To get the preschool age children to start "thinking" and making proper decisions is of major importance. Our preschool classes work on this all of the time.

Confidence - Building self confidence is one of the best things we do. The 1st day your child starts with us when compared to 6 months later? The difference in confidence is hard to describe. Our classes, equipment and activities gently challenge each child and our instructors make sure that EVERY child feels successful.

Gentle Discipline - There is acceptable behaviors and there are unacceptable behaviors. Discipline and restraint are lessons that every preschool child needs to learn. To hear it from the parents is great, to hear other adults sending the same message will impact the child even more.

Taking Turns - Such an important concept for a 2/3/4 year old to learn. In our classes we are very careful to always emphasize the understanding of waiting in line and taking turns. The children need to learn that others have rights too. Others get their turn and that a child cannot just go do something when he/she feels like it. A hugely important lesson in the development of a "school ready" child.

Agility - What other sport works the entire body regarding agility better than gymnastics? Under, over, around, upside down, running, stopping, sideways, balancing, changing directions, basically learning what the body can do safely. A more agile preschooler is a more confident preschooler as a huge part of their life is dealing with physical activities. Do you want your child to be one of the most agile children starting school?

Safety in Falling - You will see your preschooler learning to fall properly. Important? Less trips to the Urgent Care when they are 7/8/9? Maybe. An important skill for ALL athletes to learn is the proper way to avoid injury when they fall. These techniques need to become a natural habit so that when a fall occurs, your child knows what to do.

Running Skills - All kids can run. Can all kids run efficiently? Can all kids run fast? Many of our activities in preschool gymnastics incorporate running and the proper way to run with their arms, with a lean forward and with a pushing off the ground to move forward faster. Do you want your child to improve their running techniques so that they will be one of the fastest 5 year olds in Kindergarten?

Colors/Numbers/Identifying - Our preschool gymnastics classes are filled with equipment that we use to help teach colors, numbers, shapes and counting as we do the fun gymnastics activities. This is important in preparing the children for Kindergarten. Again, hearing it from other adults helps emphasize what you are doing at home.

Bottom Line - Our classes help make parenting easier for you. Our classes help develop better "Kindergarten Prepared Children." We make a difference in the lives of the children who participate in our classes. Great job parenting!

All Children Are Special - They Deserve The Best Chance To Develop!