

Why Preschool Gymnastics?

After decades of teaching gymnastics to young children, we know what it takes to keep preschoolers' attention, so we encourage **imagination** in our classes to make learning fun. Why just walk from the trampolines to the pit, when you can fly like a butterfly, or sneak around like secret agents? Imagination between the ages of 2 and 5 has been proven to help kids later on in school when they're learning about things they don't experience directly, like history, or other world cultures. Imagination helps kids understand things they can't see for themselves, which is an essential skill for learning.

We know how important **structure** is to a preschooler's developing brain, so we've organized our floor, balance beam, and bars instruction into carefully developed circuits that will be easy for your child to follow. These circuits teach your child how to work independently and follow a sequence of instructions, which is going to be crucial once they start school. It's never too early to start learning how to learn!

Your child's early academic success can depend largely on their ability to **follow directions** given by a teacher. Your child will get excellent practice by taking directions from trained gymnastics teachers in a fun environment. A gymnastics lesson is a great way to ease your child into a classroom setting, while still allowing them to be a kid and blow off steam!

Did you know that crawling and climbing over different surfaces helps your child engage multiple parts of their brain at once, which **helps prepare their mind for reading and math-related tasks later in**

life. That's why we have our youngest students crawl and climb around age-appropriate obstacles, over ramps and under mats, through tunnels, up ladders and down slides. It not only challenges their growing arms and legs, but it engages their growing minds! Literacy and numeracy are two of the most important indicators of future success in school and in life, so we're happy to do whatever we can to contribute to your child's learning potential while we have fun and play in the gym!

Learning to count, or recite the alphabet, depends on your child's ability to remember numbers and letters in a sequence. We've included multiple **sequences of skills** into our preschool programs, to challenge your child's mind to remember skills in a specific order. This will help them learn to order their thoughts and identify and recall patterns when they're doing math or spelling words in school.

