



Why do Preschool Gymnastics? Well we can think of many reasons, but here are a few!

Separation. Learning to leave your parent or caregiver in the lobby while you go into class is the beginning of learning how to separate before a child goes to school. The ability to adjust to new situations is an important part of a preschoolers' education. If you want to make the preschool teacher love you, get your child into the gym!

Following directions. Gymnastics teaches kids to follow multi-stepped directions. Going around the obstacle course and remember what to do at each station is far more than gymnastics training. Children live with many distractions in the world and learning to focus is huge!

Following safety rules. Listening to the rules of how we keep ourselves safe in the gym helps children learn how to follow rules at home and school. It places an importance on the concept of personal safety that is relevant for life. In the world today we must do everything to keep kids safe!

Patience. No one likes waiting, especially 3, 4 and 5 year olds! Practicing standing in line for short periods of time and containing your excitement as you wait for your turn on the trampoline are just a couple ways gymnastics teaches patience. It might even transfer to patience at home, can you say bonus!! They can remind you to be patient at the check out line too!!

Working cooperatively. From partner drills to moving a mat together, gymnastics teaches kids to work together for a common purpose. Teamwork!!

Responsibility in cleaning up. Learning to put your carpet spot or cartwheel mat back into a pile is an important skill and one that many parents will be grateful to have their preschooler master next time there are toys all over the house, the yard, the garage; well you get it!

Coordination. Gymnastics is the basis of all sports. The building blocks for athletic pursuits down the line are laid in gymnastics. We have had an NFL QB do preschool gymnastics here!

Asking for help. Young gymnasts learn how to ask for help from their coach and their classmates. Asking for help in a respectful matter is very important.

Coping with jealousy. Inevitably another child will learn a skill more quickly, run a race faster or be chosen to lead the line for the day, and your preschooler will not like it. Gymnastics class gives your child an opportunity to cope with those yucky feelings and express them appropriately.

Character. Gymnastics stresses the importance of doing the right thing, even when the teacher isn't looking. Preschool gymnasts begin developing this important skill in class.

Ambition. Setting lofty goals and believing that you have the capacity to reach them is the core of what it means to be ambitious. Watching older kids fly around the gym and thinking that someday, if you work hard, that you can do that too, is the beginning of ambition.

Courage. Gymnastics can be a scary sport. It is when we face something that pushes us out of our comfort zone that we have the opportunity to develop courage. Courage is not only being brave when we fear something but it is also a trait we can call upon when we have to do something that we do not wish to do, like chores or homework, all things that preschoolers will be learning to cope with in the not-too-distant future.

Self-confidence. Is it any wonder that a child who develops all of these traits also develops self-confidence? Self-confidence is, simply put, your belief in yourself. If you are able to do class on your own, following the rules and directions, getting along with your peers, understanding that you are an able learner and that failing is ok because you are ambitious, have courage and grit is it any surprise that you are self-confident?