

The Benefits of Preschool Gymnastics Include



- **FITNESS** – experiencing fun associated with fitness activities early in life can create life-long positive fitness habits.
- **MENTAL FOCUS** – learning how to concentrate on a task and achieving goals.
- **BALANCE** – walking beams can transfer later to riding a bike.
- **SOCIAL SKILLS** – taking turns, working with partners, sharing, making friends and acknowledging the accomplishments of others.
- **STRENGTH** – climbing on bars and ropes develops muscle strength.
- **FLEXIBILITY** – improved range of motion through stretching and holding body positions.
- **COORDINATION** – hand-eye coordination improves writing ability while eye-tracking improves reading readiness.
- **BURN CALORIES** – and help jumpstart a life of fitness.
- **THE SPORT OF ALL SPORTS** – gymnastics prepares kids for all sports.



Photography courtesy of Marvin Sharp

Begin Here. Go Anywhere.