

Why Preschool Gymnastics?

The Benefits

You Have Made A Very Important Decision To Have Your Child Benefit From Preschool Gymnastics.

Self Confidence

One of the greatest things we can give to a 2 - 6 year old is more self confidence. Gymnastics, with the many small challenges in each class, builds the confidence in themselves for every preschool student. Forget the cartwheels, building self confidence can affect every child in a major way for all of the other activities in their lives.

Do you want a more self confident preschooler? Is this going to help as they get ready for kindergarten? Does being more self confident open doors for the children? Do they learn more because they ask more questions? Do they learn more because they are confident in their abilities? Yes, yes, yes. Gymnastics opens an entirely different world of opportunities for a confident young student.

Listening and Following Directions

Oh so important. Teaching the little ones to stop, listen and learn is unbelievably important. To get them to "stop" is a challenge. To get them to look us in the eye and focus is a challenge. To teach them to listen to our words without being distracted with everything around them is a job in itself. Then to help them use our words and comprehend them, gymnastics gives us so many chances to practice these things with your preschooler.

Listening and following directions starts the process of thinking before acting. There is a right way to act and to do things. Preschool gymnastics activities create situations where listening, learning and following directions can be practiced.

Discipline

Do all preschoolers need to have activities in their lives where discipline and control are important? Learning and being involved with rules? Learning what is allowed and what isn't acceptable? All children need to have their basic discipline training at home reinforced with similar rules and regulations outside the home. The structured, and yet fun, preschool gymnastics classes teach discipline and control.

Your gymnastics teachers will also teach how actions affect others. Discipline isn't just about rules and the 3 year old. It is about rules, the 3 year old and all of the other people around the 3 year old. Gymnastics allows us to "practice" situations and help the preschoolers learn what is acceptable behavior and what isn't.

Movement and Coordination

The vast majority of the life of a preschooler is physical rather than mental. So "their physical world" can be made easier, through gymnastics instruction, as we teach them what their body is like. What their body can do and better ways to do physical things. It is an easy thought for us as adults to understand that a coordinated child is going to have an easier way to go. Teach them to run properly. Teach them balance so they don't fall down as much as others. Gymnastics allows us to work on their coordination every minute of every class.

Do we want our preschoolers to be better runners? Better at walking backwards? Better at skipping and leaping? Better at all of the physical activities that make up so much of their lives? Do you think that it will make them feel better to be more coordinated? You have done a great job parenting them by having them in gymnastics.

Strength and Fitness

Stronger 3 - 5 year olds? More fit? Good things? Is there a better activity for fitness and flexibility than gymnastics? The children are learning to handle their bodies and their body weight through gymnastics activities. So much is going on in every preschool gymnastics class.



A lot of people think we are just teaching forward rolls. Far from it. Exercise is important.

Bottom Line

Several benefits of preschool gymnastics were highlighted here, there are more. But the bottom line is, if you want your child to be better prepared to handle the situations in life from 6 - ?, gymnastics can help. We are building a better foundation of skills and attitudes so that they have a better chance of being successful.

The benefits of gymnastics are so far beyond forward rolls and cartwheels. Preschool gymnastics helps the child be more aggressive, more confident and happier in their journey as they grow. We want each of them to feel comfortable with their body and what they can do with it. We want to help them be successful now and in the future.

You Have Done Some Really Good Parenting Here!