



Develop Coordination

(Gymnast do well with both static and dynamic balance and learn early to fall without injury)

Develop Flexibility

(Gymnast are among the most flexible of all athletes)

Develop Strength and Power

(Strength to Weight Ratio, Gymnast are among some of the strongest athletes in the world)

Gain Self-Esteem

(The discipline and hard work in gymnastics helps children achieve goals, achievement helps children gain confidence and self-esteem)

Learn Fundamentals of Movement

(Motor Skill coordination at an early age helps children learn and problem solve faster, it also helps them to have a longer attention span)

Learn to Listen

(The structure of the sport of gymnastics helps children at an early age follow directions, listen, take turns, and problem solve)

Social Interaction

(Gymnastics helps children learn to interact with other even in early developmental stages. Social Interaction at an early age can help children with people skills and life skills late on)

Learn to Set Goals

(When children learn to set goals, they are on the track early on to life lessons of success!)

Develop Skills to Enhance Other Sports

(Gymnast have the opportunity to learn about cooperation, teamwork, sportsmanship, fair play, dedication, perseverance, strength, flexibility, etc.....)

It's Fun

(When children are having fun while having to focus on a task or a goal they are learning!)