



Why Gymnastics?

There are no natural born athletes. All children need to acquire the physical skills to participate with confidence in any physical activity. If we give children the opportunity to do the right physical activities at the right time in their development, more of them will enjoy getting active and most will stay active. Just as children need to be taught how to read and to write, they need to be taught how to run and jump. The basic movement skills of gymnastics provide this base for all other sports.

Science, research and decades of experience all point to the same thing: kids will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right time.

The ABC'S- Agility, Balance, Coordination and Speed are the four skills that underpin physical literacy. Gymnastics and trampoline classes teach the ABCs of athleticism.

For kids to get and stay physically active, they need to feel confident in activity settings. That confidence stems from having learned fundamental movement skills and fundamental sport skills...physical literacy...at an early age. Physically literate children are better suited to handle any challenge they face in life!

Sport Canada considers Gymnastics to be one of the best activities for contributing to the overall development of a child! For children of all abilities, Gymnastics provides the foundation for participation and success in all other athletic activities.

A **NASA** study showed that gymnasts have highly developed "vestibular mechanisms" which increase general learning (academic as well as physical).

The **International Olympic Committee** recognizes gymnastics as a foundation sport because it plays a crucial part in the development of fundamental movement patterns and sport skills. Early participation encourages children to enjoy a healthy and active lifestyle for a lifetime.

Gymnastics-based activity will:

- Enhance development of brain function, coordination, social skills, gross motor skills, emotions, leadership and creativity
- Help participants build confidence, independence and positive self esteem
- Support healthy growth and development: build strong bones and muscles
- Improve flexibility, develop good posture and balance, improve fitness
- Promote relaxation, improve sleep, promote healthy weight
- Help participants move enjoy being active
- Provide participants with a movement base that will support lifelong enjoyment and participation in almost any sport.

What qualities will be developed in a Gymnastics-based program?

- Fundamental Movement Patterns
- Gross motor skills (e.g. running, jumping, climbing, rolling, twisting, kicking, throwing, catching)
- Motor qualities of agility, balance and coordination
- Physical qualities such as strength and flexibility
- Cognitive development stages in laterality, patterning, directionality, space and body awareness
- Communication and problem-solving

Gymnastics is exercise for everyone, boys and girls, of all ages and abilities. It provides an opportunity to challenge children physically, and to explore various forms of movement in a fun and creative facility. Our qualified, experienced instructors introduce children to healthy, active, lifestyle habits in a positive and encouraging environment.

If you wish to meet with us, tour our facility, or have any questions, please do not hesitate to contact me!