

PRESCHOOL NEWS

March + April 2025



Why Preschool Gymnastics?



A common question that is asked is "why should I enroll my preschooler in gymnastics?" We focus on three areas while we are teaching our preschoolers: body-brain development, social/emotional development, and the gymnastics! Kids need sensory input for development, and we achieve this by swinging, rolling, climbing and other locomotive skills. Movement helps connect the dots in the brain that lay the foundation for future learning and help young kids gain conscious control of their thoughts and physical actions.

Benefits of Gymnastics

- Coordination/Flexibility
- Social Skill Building
- Motor Development Skills
- Positive Discipline
- Listening Skills
- Perseverance
- Confidence Boosting
- Self-Esteem Building
- Muscle Development
- Strength
- Physical Skills to Enhance Other Athletic Sports
- Fun
- Goal Setting
- Engage the Imagination
- Preparing for Kindergarten

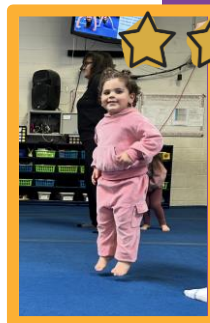


Gymnastics also helps build muscle tone to allow kids gain control of their bodies. On the social and emotional side, we teach skills that will help them prepare for school: waiting in line, following directions, sharing, taking turns, teamwork, and listening to an adult that is not a parent or guardian. Gymnastics helps each kid grow from the ground...up!

At Home Challenge

Do you want to try something at home? See if your child can do this: Find an area that is safe. Have your child stand on one foot, usually their favorite leg. Their other foot will be in a

passee position (foot to knee). Their knee should be pointing straight forward. Have them put their arms up over their head. See if they can hold it for 10 seconds. They can try the other leg as well. Want more of a challenge? Have them try a releve (lifting their heel off the ground). This position helps them learn control and balance which is a necessary for turning.



Preschool Monthly Themes

March: 'Under the Sea'

Our preschool areas will be decorated with different sea creatures to help engage the preschooler's imagination during our circuits. Our skill focus of the month will be "turns". Here are some important skills that you will see and why we do them:

1. Toe Raises: increases the ankle and calf strength
2. Log Rolls : Encourages a straight tight body while in motion
3. Jump Full Turn: helps the student understand body control and air awareness

Events this month:

- Preschool Drop in : Saturday 3/15/25 @ 1:30pm-3:00pm
- Spring Fling Party : Friday, March 21 10am-11am

April: 'Animal Adventure'

Our preschool area will be decorated with different types of animals and our circuits will incorporate imaginary trips to the safari and the farm. The skill focus of the month is regrasps and swinging. Here are some important skills that you will see and why we do them:

1. Stepping through a hula hoop: this will help teach the students how to shift their hands and maintain control
2. Monkey Walks: helps gain grip strength
3. Hollow/Arch Holds: reinforces the shapes in tap swings

Events this month:

- Preschool Drop in : Saturday 4/12/25 @ 1:30pm-3:00pm
- Preschool Party: Friday, April 25. 10am-11am
- Spring Break Camp (3yr+): Monday 4/14/25-Friday 4/18/25 @ 9:00-2:00pm
- Spring Break Closure: Monday 4/14/25-Saturday 4/20/25

May June