

POWERHOUSE ON WHEELS

Gymnastics Bus!



The Benefits of Preschool Gymnastics:

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 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