

#### Why Gymnastics Is Great for

#### Kids

By Luan Peszek\*

Today's kids are considered the most inactive generation in history due to the popularity in social media and the advancements of computers and video game technology. Instead of kids riding bikes, playing kickball and going to the park, they are sitting in front of the TV or computer screen.

Gymnastics provides a fun and safe activity that gets kids physically active. Not only does the sport provide a good, solid fitness foundation, gymnastics also provides many other benefits, from socialization skills to life skills to basics that can enhance performance in other sports.

If you turn on the local news or read the paper, you'll see that childhood obesity is on the rise. According to the Center for Disease Control, obesity is a serious health concern for children and adolescents. With the trend of a sedentary lifestyle on the rise, obesity is also on the rise.

According to the CDC participating in physical activity is important for children and teens as it may have beneficial effects not only on body weight, but also on blood pressure and bone strength. Physically active children are also more likely to remain physically active throughout adolescence and possibly into adulthood.

So, enrolling your preschooler in gymnastics is a great foundation for a healthy and active start to life!

#### **DEVELOPS PHYSICAL BENEFITS**

Gymnastics teaches strength, flexibility, agility, confidence, balance, and allows your child to interact with other children in a social environment where he or she will learn how to take turns and interact with his/her peers.

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## April Theme: Colors and Shapes

This month students will build color and shape recognition skills through gymnastics themed games and circuits. Each station will have a different color and shape focus.

**Skill of the month:** t-shape

**Theme Song:** Practice the colors of the Rainbow with the "Rainbow Song" from Signing

Time!: Songs Vol, 4-6 available on iTunes.



**Sign up TODAY!!!**

**ATA's 3rd Annual**

**Gymster Academy Spring Show**

**When:** Saturday April 12th at 5:00pm

**Where:** At ATA

**Who:** All GymJumper, GymBees and Gyminnee Cricket students will be invited to perform in the show. Students will practice for the show during their regularly scheduled class times.

**New This Year!:** Matching t-shirts are on sale now! Purchase your shirt for \$10.00 plus tax at the front desk.

We can't wait to celebrate your Gymster's accomplishments with you!

When children learn to swing on the bar, kick to a handstand, jump on a trampoline, climb a rope, or run into a foam pit and climb out — these are all challenging and fun activities that develop a multitude of physical benefits that provide a solid foundation for practically every sport. Ask some of the top athletes how they got their start and many will tell you they took gymnastics lessons at a young age.

### **DEVELOPS NON-PHYSICAL BENEFITS**

Gymnastics also offers cognitive benefits. When children are engaging in gymnastics, they are exercising their brains as well as their bodies. According to Dr. Robyn Silverman, PhD., "Research suggests that there is a strong correlation between physically fit children and academic achievement. This means that every time you send your child to gymnastics class, they're getting an opportunity to engage in physical exercise that encourages healthy brain function. Nerve cells multiply and connections in the brain are strengthened.

### **IT'S FUN**

The number one reason gymnastics is great for kids — it's FUN. Where else can kids run, jump, flip, swing, tumble and use all of their energy in a single class.

So, enrolling your preschooler in gymnastics is a great foundation for a healthy and active start to life!

Happy Tumbling  
Jocelle Burdett  
Gymster Manager



## Program News:

### Class Time Change

Starting in April all 10:15 classes will now start at 10:20. This time change will ease transitions between classes and allow teachers to greet new students and be more available to discuss student progress. Classes will still be 45 min long and will now end at 11:05am. If you have any questions please contact the front desk.



### **Sneak Peak!**

#### Summer Fun Classes for Gymsters

Looking for something fun to add to your child's weekly Gymster routine? Here are some great NEW options for girls and boys this summer!

**GymBoys**- An 8 Week, high energy theme based, boys only class taught by male instructors. 45 min . Ages 3-5

**GymYoga**-An 8 week animal themed yoga class for girls and boys promoting body awareness, relaxation, flexibility and strength. 45 min. Ages 3-5



**GymBabies**-An 8 week, Drop in, parent participation class. Activities include parachute play, balls and scarves, music, bubbles and more. 45 min. 5\$ per class. Ages 6mo-18mo

Check with the front desk for more information!