

*Why should you put your child into **Gymnastics**?*



Gymnastics offers enormous cognitive benefits. Children engaging in **gymnastics** 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 is not surprising that children who are engaging in consistent physical activity like **gymnastics** are more likely to get better grades than their inactive peers.” (USA Gymnastics)

The number one reason to enroll your child in GYMNASTICS is because it is FUN. A **gymnastics** gym is the one place that kids can run, jump, bounce, swing, leap, and flip in a fun, safe and supervised environment.

Gymnastics is a great way for them you use their energy in a progressive and expressive manner. Also, it is the one sport that parents can enroll their child in almost before they can even walk.

Providing your child with the opportunity to participate in **gymnastics** allows them to learn a magnitude of knowledge and skills that enhance other areas of their learning and development.

It also allows your child to interact with others in a social environment where he or she will learn how to listen, take turns and interact with his/her peers.

Gymnastics teaches both physical and non-physical benefits. Strength, flexibility, agility, balance, and confidence are among the many attributes learned from the sport.

When deciding to put your child into **gymnastics**, just remember it is fun, you can start at a very young age, it helps with cognitive and physical development, it is healthy and promotes a healthy and active lifestyle!