



**PARENTS,
WHY CAL-STAR GYMNASTICS, LTD
FIELD TRIP IS NOT ONLY FUN BUT
EDUCATIONAL!**



Gymnastics is great for school readiness! Read below to learn about some of the benefits kids get from gymnastics that leads them to greater success in school!

Focus: Gymnastics requires use of large muscle and the compression of joints. Therapists call this type of activity heavy work, it is known to help children focus.

Reading Readiness: Learning sequential patterns, moving their bodies in different directions helps with reading preparedness. Activities such as, skipping, rolling, walking on a beam, jumping all are markers for reading readiness.

Motor Skills: Gymnastics is an excellent activity for learning and refining gross motor skills. Movement in different directions through different obstacles helps children learn to use their bodies to problem solve.

Social: Gymnastics encourages children to play and problem solve! Gymnastics teaches children to take turns. It also provides opportunities for children to learn about sharing and team work.

We invite you and your child to come learn with us!

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