

Benefits of Participation in Gymnastics Programs

ALL children benefit from classes and participation in gymnastics. The areas listed below are a small sampling of the actual benefits from gymnastics. You have done a terrific job of parenting by getting your child interested in this educational sport. Many of the benefits of gymnastics are NOT related to learning gymnastic skills, but more important developmental areas that will help your child become a better student and young adult. Gymnastic programs are not solely about creating gymnasts. ALL children, regardless of ability, should participate in gymnastics for between 3-5 years to get the full benefit of what gymnastics offers.

Self-Esteem & Confidence

Through the challenge of learning gymnastics skills, the students gain confidence with each step that they take. Doing skills on the beam and bars helps them gain confidence in their own abilities. This improved self confidence will transfer to other areas of their lives including school.

Coordination

Gymnastics instruction helps develop better coordination and body movement. For the young child, where their world is more physical than mental, a great deal of their self confidence comes from how coordinated they are.

Non "Star" Athletes

Some children do not have the skills to be a "star" athlete in any sport. But in gymnastics we can control their progress and challenges. Children who are a little weaker, a little overweight and/or a little less flexible can all find success with our terrific, caring gymnastics teachers. EVERY child can benefit from gymnastics.

Hard Work Ethic

In gymnastics, kids have to earn the skills through hard work, we just can't give them to them. This hard work shows them that the more they work the more they learn.

Flexibility

Participation in gymnastics helps the athletes become more flexible, enhancing competency in other sports. Flexibility also helps limit injuries.

Social Skills

Especially for the younger ones, gymnastics affords a weekly opportunity to learn about social skills like listening, following directions, taking turns, being quiet, respecting others and a lot more.

Discipline

There are rules in gymnastic classes and the teachers treat these rules as being very important. The more positive discipline the children receive the safer they will be.

Politeness

We stress politeness in classes as the way to treat others. The teacher is polite to the students and the students are expected to act the same to the teachers and to their classmates.

Fitness

Fitness is CRITICAL to the current and future health of our children. Gymnastics classes are full of activities that will make your child more fit and help keep them healthy.

Overcoming Fears

Some parts of gymnastics are very challenging. We challenge them with "attainable challenges" so that they are successful the majority of the time. To face a challenge, overcome fear, and then accomplish the challenge is a wonderful part of gymnastics classes and it happens all the time.

Learning To Perform In Front Of People

Gymnastics classes have the students perform their skills in front of other students which helps teach "performance" making performing in front of others easier. Gymnastics students tend to be the 1st ones at school to volunteer to do things in front of the class as they have learned to "perform" which is going to help them throughout their lives.

Determination

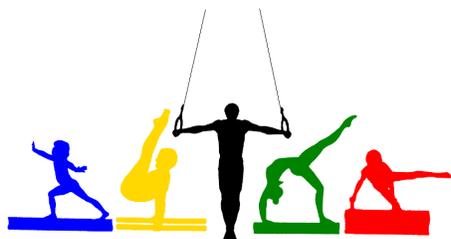
Gymnastics builds determination. Some gymnastics skills are hard to master so the children learn determination in continuing to work hard even when things are tough.

Strength & Power Development

Moving and lifting their bodies during gymnastics activities helps build strength. This helps the gymnast as well as the students who are also in other sports.

Caring Teachers

Our gymnastics teachers care about EVERY student regardless of their ability level. We KNOW that every child can learn a great deal by being involved in this incredible sport. Every child is important in our gymnastics classes.



Gymnastic Academy of Boston

12 Keefe Rd, Acton, MA 01720

(978) 369-9034

www.gymnasticacademyofboston.com