

## *10 reasons to sign up your preschooler for gymnastics (that have nothing to do with gymnastics)*



- 1.) **Separation.** Learning to leave your parent or caregiver in the lobby while you go into class is the beginning of learning how to separate before a child goes to school. The ability to adjust to new situations is an important part of a preschoolers' education.
- 2.) **Following directions.** Gymnastics teaches kids to follow multi-stepped directions. Going around the obstacle course and remember what to do at each station is far more than gymnastics training.
- 3.) **Coordination.** Gymnastics is the basis of all sports. The building blocks for athletic pursuits down the line are laid in gymnastics.
- 4.) **Asking for help.** Young gymnasts learn how to ask for help from their coach and their classmates.
- 5.) **Resilience.** A four year old falling down and getting back up while trying to master a cartwheel is learning resilience, the capacity to recover quickly from difficulties.
- 6.) **Persistence.** Gymnasts must try and try again to achieve even the simplest of skills. Gymnastics teaches kids to stay with an activity until it's completed.
- 7.) **Responsibility in cleaning up.** Learning to put your carpet spot or cartwheel mat back into a pile is an important skill and one that many parents will be grateful to have their preschooler master next time there are Legos all over the house!
- 8.) **Working cooperatively.** From partner drills to moving a mat together, gymnastics teaches kids to work together for a common purpose.
- 9.) **Following safety rules.** Listening to the rules of how we keep ourselves safe in the gym helps children learn how to follow rules at home and school. It places an importance on the concept of personal safety that is relevant for life.
- 10.) **Character.** Gymnastics stresses the importance of doing the right thing, even when the teacher isn't looking. Preschool gymnasts begin developing this important skill in class.

Durango Gymnastics is now offering fall preschool classes! Ages 10 months to 5 years old. Register at the city of Durango website or by calling Durango gymnastics at (970)375-7393. Located at 144 Bodo road in Durango. For questions or help registering email [durangogymnastics@durangogov.org](mailto:durangogymnastics@durangogov.org).