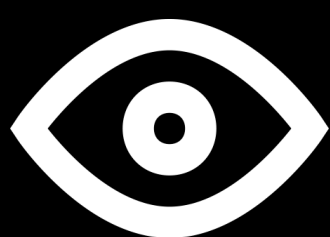


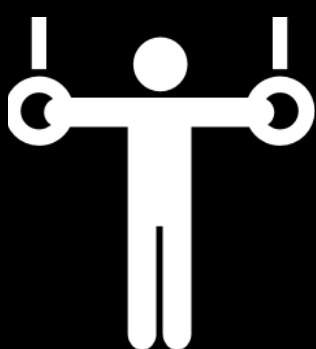
# PRESCHOOL GYMNASTICS

## BENEFITS INCLUDE



### MENTAL FOCUS

LEARNING HOW TO CONCENTRATE ON A TASK AND ACHIEVING GOALS



### STRENGTH

CLIMBING ON BARS AND ROBES DEVELOPS MUSCLE STRENGTH



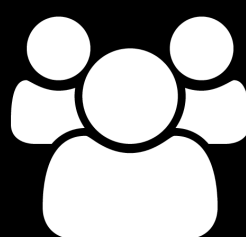
### SPORT OF ALL

GYMNASTICS PREPARES KIDS FOR ALL SPORTS



### FITNESS

EXPERIENCING FUN ASSOCIATED WITH FITNESS EARLY IN LIFE CAN CREATE LIFELONG HEALTHY HABITS



### SOCIAL SKILLS

TAKING TURNS, WORKING WITH PARTNERS, SHARING, MAKING FRIENDS AND ACKNOWLEDGING ACCOMPLISHMENTS OF OTHERS



### BALANCE

WALKING BEAMS CAN TRANSFER TO LATER RIDING A BIKE

HAVEN PRESCHOOL GYMNASTICS