



# PRE-SCHOOL NEWS

[www.gymnasticsgalaxy.com](http://www.gymnasticsgalaxy.com)

Welcome to Gymnastic Galaxy. Your children will be taught basic gymnastics skills on pre-school equipment. They will gain coordination, balance and the ability to follow instructions. All of which makes for a safe environment for your child. The skills your child learns in gymnastics will help build the fundamental skills necessary for all sports. Your child's teacher is available for your questions before or after each class.



Each new session begins with teaching gymnastics terminology and body positions. Your child will receive weekly newsletters and coloring sheets that describe body positions such as tuck, straddle, eagle, pike and crown. We encourage you to use these terms with your children to help facilitate the learning process.

## Program Goals:

- Fundamental movement skills developed.
- Positive self-concept and self esteem development.
- Respectful and positive social behaviors created.
- Positive lifetime fitness attitude.
- Gain the ability to take and follow directions.



## Rules:

- Arrive a few minutes early to get your child prepared for class.
- Have your child use the bathroom before class.
- Please inform front desk if you are planning to leave during the class.
- You are welcome to stay in the lobby during the class. Please do not distract your child by tapping on window, waving and throwing kisses. If your presence is distracting to your child or the class please observe discretely.

