

## SOCIAL-BALANCE & COORDINATION

PRESCHOOL GYMNASTICS
Preschool Open Gym
Ages 1-5
STATELINE YMCA GYMNASTICS CENTER

Preschool gymnastics builds confidence, enhances physical, mental and social well-being and helps children develop skills and behaviors that will help them throughout their life. Gymnastics also helps increase coordination skills and develop strong and healthy bones.

Interested in having your child try it out? Or just looking for additional opportunity for your toddler to get more practice in the gym? Come join us for our Preschool Open Gyms! For 45 minutes, the gym is yours! Our preschool instructors will have fun stations set up throughout the gymnastics room. A parent or guardian must accompany the child during the open gym.



## **Next Open Gyms:**

Sunday, October 14th 10-10:45 AM
Tuesday, October 30th 4:45-5:30 PM\*
\*10/30—Costumes Welcome!

Members: \$5/Class Community: \$7/Class

- Balance on the beam
- Jump on the trampoline
- Tumble on the mats
- Meet new friends
- Have FUN!

