

Dear Parents....

I know you know... there are so many benefits to be had from regular physical activity. It's true for you and me, and it's true for your kids too. Some of the benefits are obvious, but some might not be! Care to walk through them and see if you're surprised by any?

1. Strength & Conditioning

It barely needs mentioning, it's so front-of-mind... but, of course, gymnastics is a fantastic source of strength and conditioning training for your kids! You can't just walk up to the bar and crank out a Chin Up Pull Over. It takes considerable core strength and admirable control to achieve that move!

And yet, it's a basic move for many 5, 6, or 7-year olds in our program.

2. Flexibility

Again... it's obvious, right? You can't just slide down into the splits or drop into a backbend without stretching those muscles out over-focused, intentional training sessions. Some people may be more naturally limber than others... but the same goals of flexibility are on us all at Metro Gymnastics.

You can expect your child to come home armed with stretches to work on throughout the week, of their own free will!

3. Focus & Discipline

Here's the shift into the non-physical benefits. Because, as much as we love talking about how much our bodies love this training, our minds might get even more out of it!

It's hard to describe the amount of focus your young child will need to engage when jumping down the long trampoline trying to manage a straddle while controlling their bounce. Or the discipline it takes to perfect the angles and velocity necessary to finally nail their first back hip circle on bars.

Every season, we see children come in with no focus whatsoever and leave having accomplished major mental feats. It's inspiring to behold!

4. Attention to Details & Instruction

In a similar vein, it's unlikely any child will be able to just go out on the floor and throw out a skill of their own accord. Instead, they must utilize focusing their attention on the coach and listening to instruction in order to know what is expected of them. And they must be able to do that in an environment where other children are performing their own skills nearby!

It's okay if your child doesn't fit the mold... the great thing about gymnastics is that there's a balance here between listening and DOing. They won't be asked to sit for long before being given a chance to perform the tasks talked about!

5. Spatial Awareness

There are, like, a LOT of kids here. We keep class sizes small, yes. But we have enough coaches to have a lot of classes!

That means that your child will learn to pay attention to who is around them. They will have to keep their place in line, allow distance between themselves and the one next to them as they exercise, and be aware of others' movements in order to prevent bumping and jostling their classmates!

This kind of spatial awareness can translate back into the home environment with siblings, or daycare, and even just the playground. Learning to be aware of their surroundings promotes safe play and can improve relationships in so many ways!

6. Confidence & Courage

Have you ever walked up to the edge of a high diving board, determined to take the leap, but lost your courage instead?

It's happened to all of us at some point, whether in physical feats or within our areas of business or relationships. Time and again, psychology points to how empowering it is for us to face failure and learn to try again. It may be the most important thing we learn here... the power of continuing to try.

No skill will be mastered in the first attempt. It's only through repetition and gentle correction that your child will improve. And as they learn to point their toes and keep straight lines or to flex for a full bend to improve their form... they're also learning to take a critique (or even a failure!) and to rise again to better themselves.

After all that, I also think it safe to say that we only scratched the surface of how gymnastics at Metro can benefit your child! Why not give our free trial a go and see how it shines for you? Give us a call today to schedule your child's free trial class! 405-848-5308