

The benefits of taking gymnastics

Why Metro's lesson plans work

SOCIAL SKILLS

Classes include group and partner activities which teach children how to manage conflict and positively relate to others, and they make friends!

COGNITIVE BENEFITS

Working in tandem with the brain, the vestibular system integrates auditory, visual, and tactile input. Specific types of movement common to gymnastics help the vestibular system develop properly. Gymnastics skills improve body awareness and wire the brain for math success resulting in strong integration of the auditory and visual systems for reading. It is also excellent for coordination, balance, and motor skills.

HEALTHY BONES AND STRONG MUSCLES

Gymnastics develops long lean muscles. Performing weight bearing activities on all parts of the body develop strong healthy bones.

CONFIDENCE

Children develop a "can do" attitude, learning to overcome fears and the determination to succeed.

IT'S JUST FUN!

Kid's love to run, jump and flip. Metro Gymnastics provides important movement skills that gives a child a solid foundation for other sports and physical activities for life.

FLEXIBILITY

Gymnastics teaches children how to stretch which helps their bodies become and remain flexible as they grow into adulthood.

Metro Gymnastics

Serving the community for 37 years

www.metrogymokc.com