



**WHAT:** A gymnastics based fitness class for boys and girls ages 2-5 years old!

**WHEN:** Every week here at your school!

**WHY:** We have listed below a few benefits of gymnastics, maybe you didn't know!

### **COGNITIVE BENEFITS**

Studies show increased rhythm, structure and boundaries, improved imagination, direction following, and sequencing skills.

### **PHYSICAL BENEFITS**

Cardiovascular exercise, strengthen bones and muscles, increased flexibility, balance, coordination, and increased both fine and gross motor skill development (significantly more than traditional "ball" sports).

### **BEHAVIORAL BENEFITS**

Improve peer interaction, enhance adult-child relationships, works on patience, confidence, resilience, and establish goal orientation.

*ENROLL TODAY! Tuition is \$59 per month with a \$35 registration fee. All registration is online at our secure websites [www.AmpedKidsFitness.com](http://www.AmpedKidsFitness.com) or [www.PreschoolResource.org](http://www.PreschoolResource.org)*

**WE LOOK FORWARD TO WORKING WITH YOUR CHILD THIS YEAR AND LOOK FORWARD TO SEE THEM IN CLASS!**