

WHY GYMNASTICS IS GREAT FOR KIDS



Photography by Larry Gibson

10 REASONS WHY YOU SHOULD ENROLL YOUR CHILD IN GYMNASTICS

1. It's fun
2. Develops strength
3. Develops flexibility
4. Develops coordination
5. Teaches listening skills
6. Gains self-esteem and confidence
7. Provides social interaction with peers
8. Teaches goal setting
9. Develops cognitive abilities to help in the classroom
10. Develops skills to enhance other sports

