

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



Inside this March Issue:

Reopening Soon! - 2

Crawl, Roll, Hop, Skip, Jump.... Gymnastics!

Gymnastics for All

Why gymnastics? Why is it important as a preschooler?

There are several developmental benefits by having your child participate in a gymnastics program. Here are some of the important developmental benefits:

- stimulates cognitive growth
- helps develop strong and healthy bones
- increases coordination and encourages proprioceptive awareness
- increases social awareness
- fosters self esteem from an early age

(www.gymnastics.org.au)

That said, there are very few others activities that your preschooler can participate in that allows them these developmental benefits. Swimming is another amazing activity for your preschooler to participate but, this is widely used as a lifesaving skill for the future. (Cont. next page.)

Crawl....Gymnastics!

(from page 1)

Here at Winstars we strive to provide the best program possible for your child's overall physical development. Your child will experience the world of gymnastics through colours, shapes, and developmental objects/equipment. Within this world all preschoolers will develop coordination, balance, spatial awareness that will enhance their physical and mental development as a whole.

Our Crawling Stars and Twinkle Stars programs allows a general introduction to the sport of gymnastics through movement. The parent/guardian will assist them during the class in order for the toddler to be directed in a safe, fun environment.

Our Mini Stars program for 3 year olds will help them progress, grow and create more independence. Mini Stars is very helpful in the preparation for kindergarten. This program will teach your child the many social skills such as sharing, taking turns, etc. which are important for them in school life.

The next program, Kinder Stars, enhances basic motor development through various gymnastic progressions. Many preschoolers who begin in our program work their way through the preschool program right into the recreational program for children 6 years and up. (See our pathway chart on the right.)

Most importantly, your preschool child will learn gymnastics in a "FUN" and magical environment!



We're getting ready to reopen at our new facility!

Winstars is working hard to prepare our facility for its reopening. With all the COVID restrictions in place over the last few months, we have been delayed in the renovations and setting up of our facility.

We cannot thank you enough for your patience while we go through this process. We're very excited to open our doors and begin our programs in this new facility. More information will be coming out by mid March. Online registration information will be available very soon at www.winstarsgym.com.

Please be healthy and be safe!