

2 YEAR OLDS

**INCREASES MOBILITY** 

**INCREASES INDEPENDENCE** 

**ENGAGEES SOCIAL AWARENESS** 

**INCREASES CONFIDENCE** 

FOSTERS LANGUAGE DEVELOMENT

ENCOURGAES A HEALTHY LIFESTYLE

ALLOWS PARENTS TO MAKE CONECTIONS

INCREASES MUSCLE STRENGTH

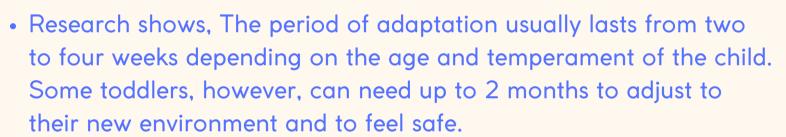
INCREASE MOTOR DEVELOPMENT

STRENGTHENS THE PARENT / CHILD BOND



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- It takes time! If your child is bashful, hesitant, uncertain, or tends to veer towards other attractions in the gym. ITS OKAY!!! Do not be discouraged if your child doesn't meet your expectations.
- Remember....They are moving the bodies and being active! Being in a gymnastics class is better than sitting on the couch in front of a screen.



• Many parents may think, in the beginning, that their presence at a parent/tot class is simply required to help their child stay calm and happy, but there is actually a lot more to it than that. These classes are a great bonding opportunity too, as in our busy lives taking an hour out to focus solely on our kids is not always easy. Sharing in the pride a child feels when they master a new skill is pretty special and a parent/tot gymnastics class allows you to do that at least once a week.