

# Kindergym

AGES 3-5 · PRESCHOOL GYMNASTICS

## • PHYSICAL SKILLS

- Gross motor skill development
- Hand-eye coordination
- Strength building
- Flexibility
- Balance
- Body awareness

## • FOUNDATIONAL MOVEMENT

- Basic stretches
- Fundamental body positions
- Introductory gymnastics skills
- Equipment designed for preschool-aged children

## • PERSONAL GROWTH

- Building confidence
- Encouraging independence
- Fostering a love of movement
- A positive first gymnastics experience

## • OUR APPROACH

- Safe, nurturing, and engaging environment
- Supports physical, social, and emotional development
- Learning through fun, age-appropriate activities

### MARJCC Gymnastics

Michael-Ann Russell Jewish Community Center · North Miami Beach, FL