



ARGOS GYMNASTICS CLUB | PRESCHOOL NEWSLETTER I

Welcome to Term 2 Preschool at ARGOS Gymnastics.

Gymnastics is so beneficial for our 5 and under preschoolers. It develops co-ordination, builds self esteem and contributes to playfulness and a sense of adventure. Our preschoolers learn how to climb, slide, balance, jump, crawl, hang, swing and experiment at their own, individual rate.

This term our program looks at how we can aid the growth of gross motor skills in our preschoolers.

Gross motor skills involve using big muscles to do things like running, jumping, and climbing. Toddlers start by learning how to sit up on their own and gradually progress to walking, running, and riding a tricycle.

As they grow older, children become more coordinated in activities like kicking a ball or catching it. For many kids, these skills develop naturally through play and physical activity. It's important for parents to provide opportunities for their children to be active and practice these skills.

Gymnastics skills such as bunny hops can help improve gross motor skills as they strengthen the core and help with co-ordination using more than one part of our body.

Walking backwards gives our preschoolers a different perspective of their environment, teaches balance, and improves risk taking skills.

Motorbike landings teach our preschoolers to land correctly and safely by bending their knees and having arms out in front. Developing body awareness and balance is helpful for when your preschooler starts to climb!



Coaches Corner



COACH STACEY

We would like to welcome coach Stacey to the ARGOS Gymnastics Team. Stacey is a mum of 4 and an ex-gymnast with loads of early childhood education experience. Stacey can be contacted on kidsgroups@argosgymnsport.co.nz if you have any questions or feedback.



COACH ENIKA

We would like to welcome coach Enika to our Saturday morning preschool classes. Enika is a very experienced gymnastics coach, coaching our after school classes.

UPCOMING EVENTS

3 JUNE	Kings Birthday Public Holiday - Gym Closed
22-23 JUNE	ARGOS Elementary Competition <i>Saturday Preschool classes cancelled</i>
28 JUNE	Matariki Public Holiday - Gym Closed
24 JUNE	Priority enrolments open for those re-enroling for Term 3 in the same class
1 JULY	Term 3 enrolments open
6 JULY	Last Day of Term 2
8-19 JULY	School Holiday Program
22 JULY	Term 3 Starts



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