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Gymnastics

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What is gymnastics

Gymnastics is an **universale set of physical exercises**. Children's gymnastics is full of movement, physical elements, dancing, jumping and is mainly carried out in a **playful form** of different music themes. It is assigned for all children which have a lot of energy and can get it "discharged" just this activity. In our course we will deal with children's gymnastics which:

- strengthens health
- promotes good posture
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positive effects on overall physical and motoric development

Why = reason to decide

Do you know that, just baby gymnastics performed under professional supervision, which is done with flair and naturally accepting ages and physical disposition of the child **brings to children** :

- joy of movement
- sense of rhythm and dynamics
- sense of precision and concentration

It also helps children:

- firm part of the whole body
- learn proper breathing
- learn the correct movement skills
- learn the principles of safety when moving

It is much more than you'll find yourself, if you decide together with us to develop your child's sporting spirit



How

All activities will be implemented under the slogan: **We learn only what we force;**) In other words, we allow children to practice only, which themselves can do and we will teach them exercises, ktoré sú im prirodzené a primerané veku. Activities will be made fun playful way, so that the children enjoyed and learned something. Gymnastic training workout and game are in a course aimed at:

- development of mobility and flexibility, strength, agility, balance- prove practicing somersaults and handstands on blades, Props to the hands, a reflection of the trampoline, jumps on higher ground
- familiarize themselves with gymnastics and exercises in gymnastics

Conditions: Gymnastics courses we will **start in April 2011**. We will notify you by phone or mail a specific date for the start of the course. We will meet **1per week**. The course has **8 sessions**.

Schedules [»more](#) **Price list** [»more](#) (*is displayed only after [»login](#)*)

Open courses in these age groups of children:



- from age of 4 to 5 years
- from age of 5 to 6 years

Maximum capacity is **10 children** in one course.

application form



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