

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/sk_SK/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

-  \$('#buttonOne').jFav();

## Gymnastics

« [back to the kindercenter's activities](#)



### 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
-

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](#)



•



•



•



•



•



•



•



```
$(function() { $(".slideshow").jCarouselLite({ auto: 800, speed: 1000 }); });
```

**UP ^**