



## GYMNASTICS FOR ALL

Play is an important part of the learning process no matter what the activity. The play of gymnastics provides tremendous cognitive and physical benefits for all ages from babies to seniors. Participating in a gymnastics program will provide important developmental skills to prepare children to participate in a wide variety of activities and sports on their journey to be active for life.

## GYMNASTICS NOVA SCOTIA MEMBERSHIP PROVIDES MANY BENEFITS TO PARTICIPANTS

- A quality gymnastics program provides an excellent environment for children to explore how they can safely move through their physical world.
- They will develop spatial awareness while learning safe ways to land from a fall. This is an important tool throughout all ages from toddlers to seniors.
- Participants develop strength, balance and flexibility in a way consistent with natural movement.
- Participants learn to use their natural abilities more effectively: running, jumping, swinging, throwing, and catching. When children are confident in their physical abilities they are more likely to try new activities and sports. The development of fundamental movement skills through gymnastics translates to all sports.
- Confidence in these abilities leads to a more confident and a more independent person.
- Participants learn to focus and to persevere through positive thinking and for teens it provides an outlet for risk taking in a safe controlled setting.
- Parent and tot programs strengthen the trust between parent and child while playing together.
- Participants develop social skills as they work with a coach and with their class or teammates. They learn to celebrate their successes and the success of others.

Many of our Gymnastics Nova Scotia Clubs use the CanGym program and all GNS recognized clubs use progressions to teach gymnastics skills in a safe controlled setting.

Nova Scotia Gymnastics Clubs provide opportunities for gymnasts to meet their potential whether it be a once a week recreational program or if they want to compete or perform at a higher level, these opportunities are there as well.

## FIND A CLUB IN YOUR AREA

When you walk into a Gymnastics Nova Scotia Member Club you will see a banner on the wall that proudly states:

*“This (name of) club is a member in good standing of Gymnastics Nova Scotia and Gymnastics Canada Gymnastique*

*As a participant in this club you can expect to have trained and certified coaches who work to promote the sport of gymnastics as a multi-discipline sport providing the opportunity of participation and promoting fitness, well-being and social values at all levels of interest and ability, regardless of age, from the recreation to the high performance level.”*

*This is our commitment to leadership in coaching and to quality programming*

[www.gymns.ca](http://www.gymns.ca)

