

# Our Aim

Founded in 1981, Gold Star Gymnastics has consistently offered top quality gymnastics instruction and motor movement opportunities.

Our newest program, **Jump N Learn**, creates learning through both play and instruction. Our goal is to nurture each child's social, emotional, educational and physical development in a safe and caring environment. We encourage self-expression, a positive self-concept and an eagerness to learn.

Children should have fun, be successful, and feel challenged by actively engaging in success oriented activities. Movement experience plays an important role in how children perceive themselves, how they relate to their peers and how they utilize their free time.

The development of a positive self-concept is too important to be left to chance and we must do all we can to ensure it's proper development.

# Jump

# LEARN

Body Awareness

Balance

Locomotion

Gross & Fine

Motor Skills

Spatial Relationships

Rhythm & Timing

Strength

Flexibility

Co-ordination

Social Skills

Aerobic Endurance

Art & Culture:

•Table Art Time

Language/Listening:

•Letters & Sounds

•Word Recognition

•Reading Readiness

Science/Sensory:

•How Things Work,

Smell, Feel & Sound

Writing:

•Alphabets

Story Time

Health & Nutrition

## FEATURES



It is the vision of Gold Star Gymnastics to lead in the field of pre-school physical development programs. We only offer programs that develop a child's physical skills and mental well-being.

By uniquely combining academic early childhood education with motor movement skills, our program will enhance your child's physical well-being and enlighten their sense of learning...it can be fun!

## Our Vision & Goals

**A USA Gymnastics National Training Center.  
Since 1981, dedicated to the fitness of children.**

### The Goals of Jump N Learn

- Develop full use of all of the children's senses
- Help children develop good movement skills
- Enhance children's positive self-image
- Develop children's cognitive skills
- Strengthen the children's three modes of learning:  
Visual - Auditory - Tactile
- Enable children to love physical education
- Encourage children to love to learn

