

PRESCHOOL NEWS

CSC Kids: July + August 2025



How Does Gymnastics Help With Kindergarten Readiness?

Believe it or not, it is almost time for the kids to start school! We can help with that! We understand what you are thinking...What does a forward roll have to do with preparing my child for Kindergarten? Honestly, not much. HOWEVER, everything else we do in our classes help prepare our preschoolers for Kindergarten. Going to Kindergarten is a big step, but our classes act as a gateway because we help them through some of the biggest challenges. One primary example is learning how to follow directions that are given from an adult who is not their

parent or guardian. This seems like a simple concept, but trust us...it takes a lot of practice to master! Many life skills, such as sharing, are not common sense. These skills must be learned from environmental experiences. We provide the environment and patient coaches to help teach our preschoolers how to learn, which is going to be a fundamental skill that is important to shape them into extraordinary people.

At Home Challenge

Do you want to try something at home? See if your child can do this: Find an area that is safe. Have your child stand up. They can try to jump their legs apart side to side in a straddle, then jump back together. Next, have them try to jump their legs apart forward and backward in a split position, then jump back together. This helps develop their straddle jumps and split jumps respectively. It also helps with developing coordination and balance!



Benefits Towards Kindergarten Readiness:

- Following directions with multiple steps from another person
- Understanding and repeating patterns and sequencing
- Recognizing and naming colors, shapes, numbers and letters
- Physical exercise to help with future fitness screenings
- Understanding actions have cause and effect
- Learning to share and take turns
- Recognizing authority and controlling behavior
- Exposing students to separation from the parent
- Confidence to say their name and communicate



Preschool Monthly Themes

July: 'Go For the Gold'

You will see our preschool area decorated to celebrate the Olympics. Our circuits will incorporate different sports and learning how to perform. The skill focus of the month is showing off. Here are some important skills that you will see and why we do them:



1. Salute, stick and finish: introduces the concepts of performing
2. Golf: improves hand-eye coordination and aim
3. Routines: helps improve memorization and connectiveness of skills

Events this month:

- Closure: June 30th-July 6th
- Preschool Drop in (TNT-PR): Saturday 7/12/25 @ 2:30-4:00pm



August: 'The Great Outdoors'

You will see our preschool area decorated with camping, beach and pirate décor. Our circuits will incorporate camping, picnic, pirate and beach adventures. The skill focus of the month is straddles and splits. Here are some important skills that you will see and why we do them:

1. Ice cream math chain link: helps with counting, creating patterns, visualizing amounts, and fosters problem-solving skills
2. Equipment stairs: develops physical motor skills and strength
3. Crawling: fosters the development for sensory and cognitive abilities. Strengthens core muscles, improves coordination, balance, and spatial awareness.



Events this month:

- Last week of Summer Camp 8/11-8/15/25