

PRESCHOOL NEWS

November+December 2025



Recap: CSC Kids Gymnastics in 2025

This year has flown by so quickly! We have enjoyed working with all of the preschoolers with their gymnastics and development. On the gymnastics side, we have done so many skills such as handstands, cartwheels, rebounding, swinging, Strength, and so much more. On the developmental side, we focused on motor skills, color/shape recognition, crossing midlines, growing social skills, and many more that will help prepare the preschoolers to be Kindergarten ready. We are so thankful for all our preschoolers, and we look forward to continue watching them grow in the new year.



Parent's Role in a Preschooler's Athletic Development

Did you know that you play a crucial role in your preschooler's athletic development? That role is providing concrete and emotional support throughout their athletic development. Parent support is directly linked to the child's enjoyment and enthusiasm towards the activity. However, there is a perfect amount of parent support to keep in mind. Too much support can be reflected as parent pressure. Parent pressure can be linked to negative outcomes such as distractions, anxiety, and discontent during the class. Not enough support can result in the preschooler developing low self-esteem and unable to reach their full potential. How do you balance the amount of support your child needs? Take them to class, cheer them on, and be there for them. As for the instruction during class, our coaches love to fulfill that role! Together, the coaches and parents succeed in creating a healthy and fun experience in the preschooler's athletic development.



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 on one leg and see how long they can balance. Try to balance on the other leg. For a more difficult challenge, have them bend over and stand back up without falling over. Learning how to adjust your balance is a fundamental skill in gymnastics as well as their development!



Preschool Monthly Themes

November: 'The 5 Senses'

You will see our preschool area decorated with pictures that engage the 5 senses: sight, hearing, taste, smell and touch. The circuits will revolve around focusing on certain senses and break them down to help with their development. Our skill focus of the month will be jumping and rebounding. Here are some important skills that you see and why we do them:

1. Stepping stones: develops balance and sensory engagement
2. Running arms in pike: helps learn the proper arm swing used for running
3. Passé walk on beam: works on balance needed for turns

December: 'Balancing Act'

Our circuits will incorporate imagination of being in the circus. There will be acrobatic skills, walking on the tight rope and going through a circus tent! The skill focus of the month is balancing. Here are some important skills that you will see and why we do them:

1. Crawling: crawling helps strengthen the core, back, hips and shoulders which are essential for walking, running and other activities. Crawling also helps strengthen the brain's ability to connect different hemispheres and improves cognitive function since it requires coordination of both sides of the body.
2. Balance board: this helps them manipulate their body movements to stay balanced on the board. It also helps with core strength
3. Handstand on panel mats: their hands are elevated to help them learn how to land correctly by giving them extra time to get their feet down.

Upcoming Preschool Events

Sign up through the Parent Portal under "Find Events" or "Find Classes"

- Preschool Drop in (TNT-5 yrs) Saturday 11/15/25 @ 12 - 1pm Members only
- Thanksgiving Camp 11/24-11/26/25 @ 9am-2pm (4-16yrs). Members and nonmembers
- Thanksgiving Closure 11/27-11/30/25. Schedule a make up at the front desk.
- Holiday PNO- December 13th, 2025 @ 3:30-5:30pm
- Holiday Closure 12/21-1/4/26. No make ups needed.
- Holiday Camps 12/22-12/23/25, 12/29-12/30/25 @ 9-2pm (4-16yrs). Members and nonmembers

