

GYMNASTICS -MOTHER OF SPORTS

If it doesn't challenge you, it won't change you



Life skills is our goal, gymnastics is our tool. Gymnastics is a dynamic and powerful sport. It is a fundamental sport. It is a great foundation activity that can improve strength, balance, coordination, body awareness, concentration, discipline, and perseverance, flexibility, stamina, quick reflexes and situational awareness which contribute to their mental, physical and emotional growth. It teaches the kinesthetics (physical) and proprioceptive (body shape) awareness to build skills moving the body in extraordinary ways, ways you might not think of during normal activity.



It conditions the body through specific movements and positions using the body's own weight to build flexibility, agility, and strength in the upper body, lower body, and core. Gymnasts climb, tumble and go upside down on age-appropriate equipment, developing

coordination that improves reactions, physical corrections, and body alignment when walking, standing, running, or jumping

It is not uncommon for children to worry about climbing high, being upside down or flipping. Gymnastics instruction can open them to their surprising physical abilities, giving them more confidence and comfort to try new things.

Women compete on four events: vault, uneven bars, balance beam and floor exercise, while men compete on six events: floor exercise, pommel horse, still rings, vault, parallel bars, and high bar. The sport consists mainly of the use of various gymnastic apparatus, as well as the use of the floor for different exercises. Our mission is to make gymnastics accessible to all young children in our community, and to provide continuing opportunities to those who wish to excel in this sport. Long term, we seek to offer our gymnasts, both present and future, challenges and enjoyment that will help them to be the best that they can be. Our program is based on the important principle of team work, fostering a culture of respect and responsibility in helping one another to learn. Our gymnasts carry these qualities into success in their academic lives as well.

The modern facilities, the well-maintained space, the healthy player-to-coach ratio for gymnastics is very rare in India as per SAI ,India. But chancellor had a foresight of having a modern spacious Gymnasium in our campus premises is to be acknowledged. catch them young is their policy and young Students have the unique opportunity to learn gymnastics from national-level athletes. Students receive training in both Rhythmic and Artistic Gymnastics and learn to use apparatus such as balance beams, vaults, uneven bars, parallel bars, pommel horse, trampolines and floor mats.

The major benefits of gymnastics are in the more important developmental areas that will help your child become a better student and young adult. Gymnasts enjoy physical activity. This love of movement translates into other sports as well as a lifetime of activity. All of our programs keep kids active not only in gymnasium but also encourage kids to be active outside of the

gymnasium. Our Gymnastics certified staff will work in a safe and positive atmosphere on breaking down skills into small components to achieve success. By teaching children they can be successful at physical skills, it encourages them to get up off the couch and put down their iPads.