



About Us

Gymnastics excellence for over 20 years!

While extending services to thousands of families over decades in the central valley, Gymnastics Beat has grown to offer multiple classes for all ages and abilities.

We are home to competitive team programs and proudly recognize dozens of state, regional, and national titles.

Now, our dream is to give a little spark to kids who are excited about gymnastics. We want to be the ones to help them in that first cartwheel or back-handspring and inspire them to work harder and reach further.

We hope that through this sport, they too will develop their own purpose and talents to help this world be a little better, kinder, and happier.



Our Services

Gymnastics, Tumbling, Ninja Zone, Preschool Gymnastics, Cheer Classes, Camp, Competitive Teams, Open Gym for Fun & Birthday party.

Visit Us Now!



(559) 271-9400



4589 W Jacquelyn Ave,
Fresno, CA 93722



gymnasticsbeat.com

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Gymnastics Beat

Benefits of Preschool Gymnastics





Why is Preschool Gymnastics important?

Children accomplish more milestones from ages 1 to 4 than at any other time in their life. Gymnastics helps children gain spatial and social awareness along with countless other health benefits.



1.

Development

Depending on a child's age, changes in physical development are noticeable within just a few weeks of starting gymnastics, including improvements to their core strength, coordination, and balance. With continued classes, hand-eye coordination, visual tracking, and other fine motor skills are improved.

2.

Social Skills

Developing healthy social skills is especially important for younger children. "The social skills of sharing, helping others, and listening politely are as important to learn as gymnastics skills. Gymnastics classes are typically youngsters' first experience with a 'school' setting. Gymnastics classes for this age group cater to the children's need for social development as well as movement education"

3.

Health Benefits

Physical

There are a plethora of physical health benefits when a child moves and gets active. Regular exercise is excellent for preventing certain diseases later in life, such as heart disease, obesity, diabetes, and more.

Since gymnastics is a weight-bearing activity, it encourages strong and healthy bones. We naturally lose bone density as we get older, so strong bones may reduce the risk of osteoporosis in the future. With stronger bones, children could be less likely to injure themselves during typical play.

Mental

From gaining self-confidence to learning to handle failure, gymnastics also encourages emotional resilience.

Even the act of a young child mastering a movement on their own for the very first time can be a massive confidence boost.

Pushing a child's developmental boundaries in a safe and comforting environment helps them to develop self-confidence, pride, and a sense of self value.