

# Parent & Child Activities

five reasons to participate



USA GYMNASTICS.  
BORN HERE. GO ANYWHERE.



1. Provides a positive early physical education experience
2. A comfortable way to expose a child to their first teacher with the security of the parent there
3. Participating in a parent-child class is a wonderful opportunity for the parent and child to spend quality time together
4. Children who see their parents active are more likely to become active adults
5. Provides learning opportunities through movement for children while educating parents on developmentally appropriate activities



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