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Corner of San Bernardino & Azusa (Next to DD's Discounts)

www.STARS-GYMNASTICS.COM

New! Boys Gymnastics



Stars Gymnastics is adding to our Girls and Co-Ed programs.

**We will now be offering
all boys recreational classes.**

We hope that this will eventually lead to having a boys team. Registration numbers and student progress will determine if that's something we can do in the future.



Why should boys do Gymnastics?

Gymnastics is the PERFECT....

- Foundational Sport
- Cross Training Sport
- Injury Prevention Program
- Character Building Sport
- Sport to learn to be Coachable



8 Week Sessions

1 day per week- \$149.00

(Call for payment options)

Upcoming Session:

March 1-April 25

Ages 5-7: Saturdays at 10:20 am

Ages 8-11: Mondays at 6:40 pm

Benefits of Gymnastics for boys

- Learning the importance of discipline that is not taught in schools
- Beginning to understand how the body works & it's limitations.
- Teaches your boy the importance of team play.
- Helps them develop stronger muscles and flexibility
- Learning to listen, take advice, follow directions & be respectful towards their peers & trainers.
- Gain the ability to adapt to challenging situations.
- Gaining endurance and stamina