

Come Play With Us at...

# New Hope Gymnastics

Learning for fun OR a serious competitor...

Need to improve skills for other sports...

Boy OR girl... Toddler OR "mature" adult—

OR any age in between...



## We've Got the Class & Coach For You!

**\*SPECIAL\***

Bring this flyer  
for \$10 off  
Registration  
Fee

- ☆ Fun Classes... Friendly, Skilled Coaches
- ☆ Academy, Pre-school, Parent & Me, Cheer Tumbling, Parkour, Adult & Open Gym
- ☆ Home School PE & Tot Play Time Sessions
- ☆ Competitive Boys & Girls Teams with Nat'l, Regional & State Champions
- ☆ Birthday Parties, Scout Programs... & more
- ☆ Visit [www.newhopegymnastics.com](http://www.newhopegymnastics.com)

## Gymnastics is FUN!

Come find out why - at New Hope Gymnastics

17270 Newhope Street, Fountain Valley

(North of Costco and Starbucks; in the Los Caballeros Sports Center)

(714) 556-8050 Call now for your **FREE TRIAL CLASS!**



# "Top 10 Reasons" That Your Child Should Learn Gymnastics at New Hope

- #10—FUN.** New Hope has fun classes—Boys and Girls Academy, Pre-School, Cheer Tumbling and Competitive Teams ...and friendly, skilled coaches!
- #9—CONVENIENCE.** We have classes to fit YOUR schedule--Right after school and before dinner/ family time... or after homework is all done! Check out our class schedule at <http://newhopegymnastics.com/forms.asp>
- #8—SAFETY.** Gymnastics is a safe sport. Based on the number of injuries requiring emergency room visits, golf is actually "more dangerous" than gymnastics<sup>1</sup>.
- #7—SKILLS.** Gymnasts are among the strongest and most flexible athletes; they have good static and dynamic balance. These traits are invaluable to other sports—soccer, football, dance, diving, cheerleading, basketball, wrestling, volleyball, etc<sup>1</sup>.
- #6—INJURY PREVENTION.** Gymnasts learn to fall without injuring themselves!<sup>1</sup>
- #5—SOCIAL DEVELOPMENT.** Gymnasts of even modest ability can compete in local, state, and regional level competitions. These competitions afford the opportunity for travel, meeting people of varied and diverse backgrounds, and seeing places that would normally be bypassed<sup>1</sup>.
- #4—VALUES.** Gymnastics shares with other sports the opportunity to learn about teamwork, sportsmanship, fair play, dedication, etc. Because learning gymnastics skills requires patience, dedication, perseverance, and planning, gymnastics helps kids learn to work hard for objectives that can take years to achieve<sup>1</sup>.
- #3—LIFE SKILLS.** Gymnastics is, without a doubt, one of the most beneficial physical activities children experience. When the gymnastics program is structured and presented correctly, children realize benefits, in the areas of physical fitness, self-esteem, time management...and other life skills that serve them for a lifetime<sup>1</sup>.
- #2—ACADEMIC SUCCESS.** Gymnasts tend to do well in school. Not only do gymnasts typically have high GPAs, there are a number of colleges that offer scholarships for competitive gymnasts<sup>1</sup>.

## ...AND REASON #1—GYMNASTICS IS FUN!

Reference (1) -- URL: <http://www.usa-gymnastics.org/publications/technique/1999/3/why-gymn.html>

# New Hope

# Gymnastics



Come Join the Fun – Check us @ [www.newhopegymnastics.com](http://www.newhopegymnastics.com)

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