

Practice sessions available on Monday, Tuesday, Thursday, and Friday for ISB students.



ISB GYMNASTICS CLUB 2011-2012



If your child is interested in learning gymnastics or you would like more information, go to:

**[http://www.isb.ac.th/
ISB_Gymnastics_Club/default.aspx](http://www.isb.ac.th/ISB_Gymnastics_Club/default.aspx)**

or email:

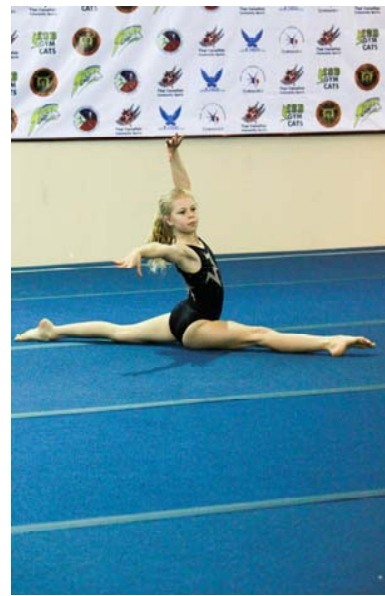
isbgym@gmail.com



Gymnastics is known as the basis of all sports. With gymnastics training as a start, young boys and girls are better prepared for whatever sport or activity they participate in later. More so than any other sports choice, it will build overall body strength, increase coordination and agility, and teach mental focus.

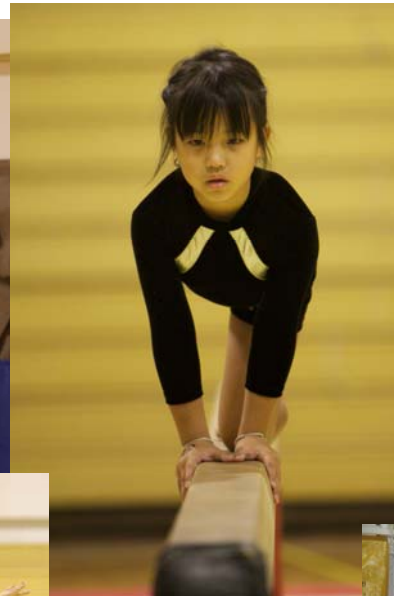
Dedicated ISB Gymnastics Club coaches:

- **Experience teaching gymnastics at other Bangkok international schools**
- **International experience as members of Thailand's National Gymnastics Team**



Who can join?

- **ISB students of all ages**
- **Gymnasts of all levels and experience**



Competitions:

Gymnasts who choose to compete on the ISB Gymnastics Club team will have the opportunity to travel to Bangkok area international schools for **BISAC (Bangkok International Schools Athletic Conference) meets AND participate in our home meet at ISB**



Challeng-



Why join?

- **Build strength and increase coordination**
- **Compete against other gymnasts**
- **Have fun!**



Fun!

