

## PARENT & ME • COED • AGE 1½-3½

Once a week for \$59 per month

Tuesday ..... 10:30-11:20 am ..... Courtney  
Saturday ..... 10:00-10:50 am ..... Tiffany

- Parent participation required •

## TINY TITANS • COED • AGE 3-5

Once a week for \$59 per month

Tuesday ..... 10:30-11:20 am ..... Brandon  
Wednesday ..... 6:00-6:50 pm ..... Courtney  
Thursday ..... 10:30-11:20 am ..... Brandon  
**NEW** Saturday ..... 9:45-10:35 am ..... Brandon  
Saturday ..... 11:00-11:50 am ..... Tiffany

The Tiny Titans curriculum is based on strength, body awareness, coordination, and most of all fun. Our instructors teach with enthusiasm to lay the foundation for our Tiny Titans to excel in any sport they may choose.

## KALLISTOS • GIRLS • AGE 5-6

Once a week for \$69 per month

**NEW** Monday ..... 6:00-7:00 pm ..... Tiffany  
**NEW** Wednesday ..... 4:45-5:45 pm ..... Courtney  
Thursday ..... 1:00-2:00 pm ..... Brandon  
Thursday ..... 4:00-5:00 pm ..... Rochelle  
Saturday ..... 12:00-1:00 pm ..... Tiffany

**Advanced\*** • Once a week for \$82 per month

Tuesday ..... 10:00-11:30 am ..... Tiffany  
**NEW** Friday ..... 3:30-5:00 pm ..... Tiffany

\* Coach placement required

Class focuses on proficiency in strength, flexibility, body awareness, and coordination. Kallistos applies emphasis on good listening skills and the ability to apply corrections.

## HERCULES • BOYS • AGE 5-6

Once a week for \$69 per month

Tuesday ..... 4:30-5:30 pm ..... Brandon  
**NEW** Thursday ..... 1:00-2:00 pm ..... Seth  
Saturday ..... 10:45-11:45 am ..... Brandon

Classes focusing on proficiency in strength, flexibility, body awareness and coordination. Hercules applies emphasis on good listening skills, and the ability to apply corrections.

## TITANS • GIRLS • AGE 7+

**Level 1** • Once a week for \$76 per month

Monday ..... 3:45-5:00 pm ..... Brandon  
Tuesday ..... 4:15-5:30 pm ..... Courtney  
Wednesday ..... 5:00-6:15 pm ..... Ashley  
**NEW** Wednesday ..... 5:30-6:45 pm ..... Andrew  
**NEW** Thursday ..... 6:15-7:30 pm ..... Rochelle  
**NEW** Saturday ..... 9:00-10:15 am ..... Andrew

**Level 2** • Once a week for \$76 per month

Monday ..... 4:30-5:45 pm ..... Courtney  
**NEW** Wed. (2&3 mix) .. 6:15-7:30 pm ..... Ashley  
**NEW** Thursday ..... 4:45-6:00 pm ..... Andrew  
**NEW** Saturday ..... 10:15-11:30 am ..... Andrew

**Level 3** • Once a week for \$76 per month

Monday ..... 6:15-7:30 pm ..... Seth  
Thursday ..... 5:00-6:15 pm ..... Rochelle  
**NEW** Saturday ..... 11:30-12:45 pm ..... Andrew

Classes teaching fundamentals of gymnastics. The Titans curriculum is based on the progressions set by USAG. (US Assoc. of Gymnastics). Extra focus is placed on learning proper gymnastics technique, strength, body positions, flexibility, and beginning level skills.

## TITANS • BOYS • AGE 7+

Once a week for \$76 per month

Monday ..... 5:00-6:15 pm ..... Andrew  
Wednesday ..... 4:15-5:30 pm ..... Andrew  
Thursday ..... 6:00-7:15 pm ..... Andrew  
Saturday ..... 11:45-1:00 pm ..... Brandon

Classes teaching fundamentals of gymnastics. The Titans curriculum is based on the progressions set by USAG. (US Assoc. of Gymnastics). Extra focus is placed on learning proper gymnastics technique, strength, body positions, flexibility, and beginning level skills.



# OMEGA GYMNASTICS

## ATHENAS • GIRLS • AGE 5+

Twice a week for \$165 per month

Tue. & Fri. .... 5:00-7:00 pm ..... Tiffany & Jacey

Accelerated classes designed for gymnasts with an interest in competition. Class focus is on strength, flexibility, techniques, and skills needed for competition.

- Coach placement and two times a week required •

## APOLLOS • BOYS • AGE 5+

Twice a week for \$165 per month

Tue. & Thu. ... 5:30-7:30 pm ..... Brandon

Accelerated classes designed for gymnasts with an interest in competition. Class focus is on strength, flexibility, techniques, and skills needed for competition.

- Coach placement and two times a week required •

## DROP-IN CLASSES • COED

**\$13 per drop-in class**

**Member Only punch cards available:**

**\$50 for 5 classes**

(Punch cards are non-refundable or transferable)

## TUMBLING • AGE 8+

**NEW**

**Beginning**

Monday ..... 4:00-5:00 pm ..... Andrew  
Wednesday ..... 6:45-7:45 pm ..... Andrew

**Intermediate**

Thursday ..... 7:15-8:15 pm ..... Andrew  
Friday ..... 4:00-5:00 pm ..... Brandon

These classes teach fundamentals of body control and progression of new skills with the use of the tumble track, trampoline, and spring floor.

## ADULT OPEN GYM • AGE 16+

Wednesday ..... 7:30-9:00 pm ..... Andrew & Brandon

## ADULT PHYSICAL DEV. • AGE 18+

Wednesday ..... 10:00-11:00 am ..... Courtney

Muscle coordination for adults with special needs.

## MORE GYMNASTICS FUN!

### OPEN GYM

#### Ages 2-6 years

Thursday..... 11:30-1:00 pm..... Brandon

Gymnastics open play for preschoolers. Parents can stay and play or drop off and get some time away. Children not potty trained must be accompanied by an adult.

#### Ages 5 years to Adult

Saturday..... 1:00-2:30 pm..... Brandon

Supervised open play for gymnasts of all levels. Trained staff available to assist gymnasts on equipment.



#### Member Only punch cards available:

Single • 10 punches for \$50

Family • 10 punches for \$90

(Punch cards are non-refundable or transferable)

Drop in rate: \$7 single or \$12 family

• Up to 4 immediate family members •

- O** Opportunities • gymnastics opens doors
- M** Mastery • the power to control your performances
- E** Excellence • perfection is within your grasp
- G** Goal Setting • success is achieved one step at a time
- A** Achievement • success breeds champions for life

## MEMBER FEE & CLASS DISCOUNTS\*

\$25 membership fee due at registration

#### Multi-class discounts on single student:

1 class - full tuition  
2+ classes - 50% off

#### Multi-class family discounts:

1 student - full tuition  
2 student - 10% off  
3+ students - 50% off

\*Multiple class discounts will apply to multi-student families if one or more family members are taking 2+ classes. Discount is off the lesser of the tuition amounts.

\$10 credit for referring a new member to OMEGA!

We accept:



# "Inside every child lies a champion".

### THE OMEGA PHILOSOPHY

Inside every child lies a champion. The physical fitness, dedication, work ethic, and personal achievement that gymnastics training teaches is beneficial for all children, their families, and the community. Simply put, at OMEGA we set children up for success and train champions for life.

### THE OMEGA PROMISE

At OMEGA we promise to provide the following:

- The best gymnastics training in the Northwest designed to meet the needs of each individual gymnast.
- Keeping staff educated on the latest training curriculum and techniques, allowing each student to reach their fullest potential.
- Updating equipment regularly to industry standards for safety of all students.
- An atmosphere focused on family and community with prices that all families of aspiring gymnasts can afford.

## OMEGA GYMNASTICS

Parkside Business Center  
8160 SW Nimbus Ave. #5-E  
Beaverton, OR 97008

Located near Washington Square mall  
On the corner of Hall Blvd. & Nimbus Ave.

Phone: 503.466.4872

info@omega-gymnastics.com

www.omega-gymnastics.com

Follow us on Facebook & Twitter

## RECREATIONAL CLASSES

# OMEGA GYMNASTICS

Oregon Metropolitan Elite Gymnastics Academy



♦ FALL 2011 - JUNE 2012 ♦

### NEW PROMOTION

Sign up for 5 or more Day Camps  
and receive 10% off.

All campers are required to be OMEGA members. Life time membership is \$25.



USA Gymnastics Member Club