

At OMEGA Gymnastics we strive to meet everyone's needs.

Below is a description of the training programs offered:

**Tiny Titans**— A class for ages 2-5 years. The 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 & Hercules** - A class for 5 and 6 years.

Classes focus on training proficiency in strength, body awareness and coordination. Kallistos and Hercules will apply emphasis on good listening skills, and the ability to apply corrections. Teacher placement will be considered for 4 year olds who have demonstrated the ability to follow the above criteria.

**Titans**— Classes for 7 years and older who are interested in learning the fundamentals of gymnastics. Titans curriculum is based on the progressions of USAG (United States Association of Gymnastics). Extra focus is placed on learning proper gymnastics, strength, body positions, flexibility, and beginning level skills.

**Jr. Apollos & Jr. Athenas**— The first accelerated class offered for 5 and 6 year olds. These classes are designed for gymnasts with an interest in competition. Class focus is on strength, flexibility, technique, and skills needed for competition. *(Teacher placement and 2x per week required/3hrs of training)*

**Apollos & Athenas**— Omega Gymnastics' accelerated program for 7+ years old. These classes are designed for gymnasts with an interest in competition. Class focus is on strength, flexibility, technique, and skills needed for competition.

*(Teacher placement and 2x per week required/4hrs of training)*

**"...inside every child lies a champion..."**

## OMEGA

### GYMNASTICS

8160 SW Nimbus Ave 5-E  
Beaverton, OR. 97008

Phone: 503-466-4872

E-mail: [info@omega-gymnastics.com](mailto:info@omega-gymnastics.com)

<http://www.omega-gymnastics.com>

### 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 latest training curriculum and techniques, allowing each student to reach their fullest potential.
- Updating equipment regularly to industry standards, for the safety of all students.
- An atmosphere focused on family and community with prices that all families of aspiring gymnasts can afford.

### 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.

- O** — Opportunities (gymnastics opens doors)
- M** — Mastery (the power to control your performance)
- 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)



USA Gymnastics Member Club

# OMEGA GYMNASTICS

Oregon Metropolitan Elite Gymnastics Academy



# TEAM SCHEDULE

FALL 2010 – 2011



# Saturday Team Clinics

11:00 - 1:00 PM

Date & Skill Focus  
TBA

Cost \$25

## JR. APOLLOS – BOYS

2x per week required (3hrs) 5-7 yrs \$134/month

Monday SE 3:30 - 5:00 PM

Thursday SE 3:30 - 5:00 PM

## JR. ATHENAS - GIRLS

2x per week required (3.5hrs) 5-7 yrs \$144/

Tuesday \*Dance Last 1/2 hr\* AM 5:00 - 7:00 PM

Thursday AM 5:00 - 6:30 PM

## ATHENAS - GIRLS

2x per week required (4.5hrs) 8+ \$170/

Tuesday \*Dance Last 1/2 hr\* BK 5:00 - 7:30 PM

Thursday SE 5:00 - 7:00 PM

## APOLLOS - BOYS

2x per week required (4hrs) 8+ \$160/month

Tuesday BS 4:45 - 6:45 PM

Friday BS 4:45 - 6:45 PM

\* TEACHER PLACEMENT REQUIRED FOR ALL APOLLOS & ATHENAS\*

## OLYMPIANS

**Girls Team Level 4A** \$221/month

Mon, Thu RB 4:30 - 8:00 PM

**Girls Team Level 4B** \$242/month

Mon, Wed, Fri AM 5:00 - 8:00 PM

**Girls Team Level 5** \$257/month

Tue, Wed, Fri RB 4:00 - 8:00 PM

**Girls Team Level 6/7** \$278/month

Mon, Tues, Thu, Fri AC/ 4:00 - 8:00 PM  
RB/ or  
TQ 3:30 - 7:30 PM

**Girls Optional** \$288/month

Mon, Tue, Thu AC/ 3:30 - 7:30 PM or  
TQ 4:00 - 8:00 PM

Wed 4:00 - 8:00 PM  
Friday 3:30 - 5:30 PM

**Boys Team A** \$278/month

Mon, Tue, Wed, Fri SE 3:45 - 7:45 PM

**Boys Team B** \$257/month

Mon, Wed, Fri BK 3:45 - 7:45 PM

**Boys Team C** \$206/month

Tue, Fri BS 4:45 - 7:45 PM

\*ALL PRICES INCLUDE A \$10 PHYSICAL THERAPY FEE\*

## TEAM GREAT ESCAPE

1<sup>st</sup> Child \$18, 2 Children \$32, \$10 Each Additional Family Member

Friday (2x / Month) BS/ 7:30 - 10:00 PM  
\*Includes Pizza & Drink NK

### 2010 - 2011 TEAM MEET SCHEDULE

January 8th	Judge's Cup– MAC (Portland, OR)	Girls Level 7 - 9
January 28th - 30th	Seattle Gymnastics Academy (Seattle, WA)	Girls Level 4 - 9
January 28th - 30th	Black Hills Gymnastics (Lacey, WA)	Boys Level 5 - 10
February 4th - 6th	Naydenov (Vancouver, WA)	Girls Level 4 - 9
February 5th - 6th	John Lanz Invitational- OGA (Beaverton, OR)	Boys Level 5 - 10
February 18th - 20th	MAC OPEN- MAC (Portland, OR)	ALL OMEGA TEAMS
February 25th - 27th	Sun Devils Classic (Chandler, AZ)	Girls Level 6 - 10, Boys Level 5 - 10
February 25th - 27th	Junior International Cup (Berkley, CA)	Boys Level 5 - 10
March 4th - 6th	Rose City Challenge (Beaverton, OR)	Girls Level 4 - 5, Boys Level 5 - 10
March 11th - 13th	Emerald Team Challenge (Eugene, OR)	Girl Level 4 - 10
March 18th - 20th	State Championships-USGA (Eugene, OR)	Boys Level 5 - 10
March 26th - 27th	State- Gymnastics NW (Eugene, OR)	Girls Level 7 - 9
April 8th - 10th	Regional Championships (Tacoma, WA)	Boys Level 5 - 10
April 15th - 17th	Regional's (Pullman, WA)	Girls Level 8 - 9
April 30th - May 1st	State- Athletic Edge (Salem, OR)	Girls Level 4 - 6
May 4th - May 8th	National Championships (Long Beach, CA)	Boys Level 10
May 5th - 7th	Western Nationals (Poway, CA)	Girls Level 9