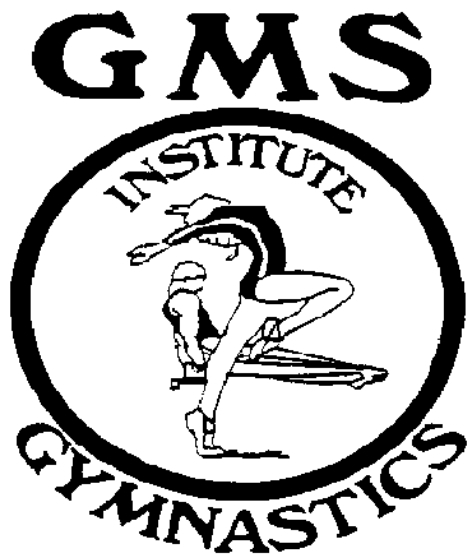


2008-2009

GMS Gymnastics

Brochure



7226 Newmarket Ct.

Manassas, VA 20109

(703) 369-7800

GMSKIDS.COM

## Objective & Mission Statement

*GMS is committed in giving children the head start they need to become well rounded individuals & athletes. Our philosophy is geared towards movement and sensory education which is the basis for children to excel in life. We provide a safe and caring environment where children learn social skills, self-esteem, as well as gymnastics. We allow children to work within their own abilities and help them achieve and strive for their personal best. GMS provides both a recreational program as well as a very strong competitive program. Whichever program your child chooses, we can assure you that he/she will receive the best possible instruction here at GMS Gymnastics.*

## 2008-2009 GMS Closings

September 1-2 (Labor Day)

October 31st (Halloween) *\*Evening Classes Only*

November 27-29(Thanksgiving)

December 22-Jan 1(Christmas)

May 23-25 (Memorial Day)

July 22-Aug 2 (Summer Break)

August 29-August 31st  
(Summer Cleaning)

September 1-2, 2009  
(Labor Day)

# Description of GMS Classes

**Gym-N-Learn**—This fitness-based learning program for children ages 3-5 combines education with gymnastics and fitness. Each class will consist of combined one hr and 45 minutes of learning colors, numbers, reading concepts, and also 45 minutes of gymnastics class. This class will also help your child's social and emotional growth by forming positive relationships and raising self-esteem by achieving better physical fitness while learning gymnastics. Available in 2008.

**GMS Hot-Tots & Pre-school Alphas**—Both programs offer students ages 3-5 an introduction to the fundamentals of gymnastics through the use of fun obstacles such as hoops, balls, parachutes, and trampolines. It is designed to help kids develop coordination, tolerance, and body awareness through learning gymnastics skills. A special routine sequence with music is developed which will be performed at graduations by the students.

**Girls Alphas/Extended Alphas 6-10--** These programs allow girls to explore their talents in basic gymnastics on all four events. Students will learn a special routine sequence and will be able to perform at GMS graduations.

**Boys Recreational--** This program allows boys to explore their talents in basic gymnastics on all six events. Students are introduced to flexibility, body awareness, and strength training.

**Girls Beginner Recreational--"Placement required"**This program is designed for girls who have had at least a year in basic gymnastics. Students ages 10 & up are introduced to basic gymnastics skill to be used at a high school level.

**Pre-J.O.P.--"By Invitation"** Designed for girls ages 3-6 who are training to achieve strength, flexibility, concentration, and intermediate skills on all 4 apparatus in order to begin competition at an early age.

**J.O.P./TOPS--"By invitation"** Designed for ages 5-7 who are training to achieve strength, flexibility, concentration, and advanced skills on all 4 apparatus in order to compete at an early age.

**Boys Champs--"By invitation"** Designed for boys ages 6-11 who are training to achieve strength, flexibility, concentration, and advanced skills on all 6 apparatus in order to compete at a sanctioned USAG gymnastics competition in the near future.

**Girls Int./Adv. Recs. (Metro-League)--"Placement required"**This program offers girls who have had at least 3 years of basic recreational gymnastics. Students are taught skills at an intermediate to advanced level on all 4 apparatus. The program is designed for girls who are planning or currently competing in high school gymnastics.

**Beg/Int/AdvTumbling for Cheering--"Placement required"** This program is designed for junior high and high school students (boys & girls) who are interested in tumbling skills for cheering. The class focuses strictly on back and front tumbling as well as jumps. Students are also introduced to conditioning and strength to build upper body.

**Inter/Adv. Tumbling for Cheering--"Placement required"** This program is designed for junior high and high school students (boys & girls) who have had tumbling background in the past. Students will focus on improving and learning advanced skills to be performed for varsity high school cheerleading. The class is geared towards advanced tumbling, jumps, and strength training.

**Advanced Gymnastics for High Schoolers**—This program concentrates on the serious high-school gymnast. The training is designed for ex-club gymnasts who have competed at Level 6 or higher. Students will learn new advanced skills while focusing on the requirements of high school gymnastics.

**Girls Competitive Team--"By Invitation"** Our team is designed for those who are serious in competitive gymnastics. Our team represents GMS Gymnastics at the local, regional, and national levels. GMS has ranked among the top 3 teams in VA for the past twelve years.