Since 1975
LOS ANGELES
School of
Gymnastics
A Non-Pro
fit Organization
Serving the Community
Since 1975!

Get Connected!

Los Angeles School Of Gymnastics
8450 Higuera St
Culver City CA 90232
(310) 204-1980
Fax (310) 204-6864
www.LAgymnastics.com

“Best of LA Parent” “Best of Los Angeles Magazine”
“Best of Argonaut News” “Best of Culver City”
Thank you LA for helping us celebrate 40 years in the community!
ACADEMY CLASS PROGRAM

PARENT & ME
This amazing program is a playful class involving Mom/Dad and Toddler centered on age appropriate movements and apparatus using exploration as a tool. Classes are instructed by award-winning teachers specializing in the median age group of 18 months - 2 1/2 years of age.

There is no second chance in a person’s life to form positive learning attitudes than the toddler stage!
Join the best Parent & Me class in town as we develop Super agile bodies and amazing coordination that will last a Lifetime!

PRE-SCHOOL MINI-TOTS
Imagine an award-winning center that has been working with Pre-School children for over 40 years that is designed to challenge and delight your child! Safety is always #1. The ( ) Mini-Tots Class is a specially designed program for 3-4 yrs old children that can attend a group class without a parent. A Safety-certified instructor specializing in Early Childhood Education Development instructor. Will teach this amazing 1 hour lesson that involves basic tumbling skills and age appropriate equipment. Join the BEST class in town as we develop the habit of exercise, while increasing hand-eye coordination, motor skills and increasing strength in both Upper & Lower Body extremities. Lots of fun and healthy exercise packed into one class!!

(PRE-SCHOOL) ADVANCED HOT TOTS ADVANCE LEVEL
This program offers an emphasis on further introduction of gymnastics with physical challenges that is an extension of the Mini-Tots program. Students will learn basic tumbling skills on the floor exercise and experience the bars, beam, vault and more challenging skills. By Invitation only!
Prior to enrollment, each child is evaluated for placement in an appropriate class with a Safety-Certified Instructor for proper Level recommendation. Contact Our Office for a FREE EVALUATION!

*REMEMBER: Three to Five year old children have a vast range of physical and direction taking abilities, Not all children will be placed in the same class. Call us Today for a Free Evaluation! For instance, a five year old child can be future a competitor or a student learning how to do a forward roll on a mat. Evaluations are an integral part of the Los Angeles School of Gymnastics entry process and are FREE of CHARGE! Call to schedule your appointment Today!

All our Loving Coaches are Highly trained! They had Infant, & Child CPR Certification and USA Gymnastics Safety Certificate. FBI & DOJ background verified, Live scan & Fingerprint cleared. Your child’s well-being is our #1 priority.

LASG accepts all home-school Charter Funding Programs

Girls Classes & Boys Classes
For thousands of your expert have known that the benefits of gymnastics can serve a child with a lifetime of physical health!

MORNING CLASSES
15% OFF TUITION
Attend any morning class for a reduced rate! (Mon- Fri 9am-1pm)
Call us today to schedule a discount class! 310.204.1980
Great opportunity for Independent Study or Home Schooled Students
* Don’t see a class on our schedule that fits your needs, we will open a class on your preferred day & time with a (3) student min. Hooray!

ASK US HOW!

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ASK US HOW!
GIRLS GYMNASTICS

Your child will be grouped with all girls based on skill ability and age.

GIRLS BEGINNING - PRE-LEVEL 1
MOST COMMON CLASSES
Girls Recreational classes are part of the developmental program based on USA Gymnastics (governing body of gymnastics in the United States) guidelines for Pre-Level 1. Our Classes emphasize proper training techniques on the bars, beam, vault & floor exercise. Classes will include Flexibility instruction Upper/Lower Body strength and over-all child’s proper physical health through Gymnastics. Each class is carefully constructed to motivate your child in a fun and progressive environment with emphasis on safety and proper training methods for injury prevention along with tons of fun!

GIRLS ADVANCED -LEVEL 2 & 3
Girls Advanced classes Level 3 training incorporates a developmental program based on USA Gymnastics guidelines for advanced training. This is the final skill level before moving into the competitive team levels at the Los Angeles School of Gymnastics. Your child’s instructor will make a formal recommendation if your child is ready to move to this skill Level. Level 3 classes attend 2-3x per week. Good Luck!

Courtesy Notice for Parents
Parents are welcome to watch the progression of their child in the designated 2nd floor observation room.

Description of all Events

<table>
<thead>
<tr>
<th>Balance Beam</th>
<th>Floor Event</th>
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<tbody>
<tr>
<td>Uneven Bars</td>
<td>Vault</td>
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GIRLS COMPETITIVE ARTISTIC TEAMS
USA GYMNASTICS LEVEL (2,3,4)
SPORT - INVITATION ONLY
The award winning Pre-team programs are designed to prepare athletes for the competitive arena of USA Gymnastics (governing body of gymnastics the United States). Top notch instructors with over 150 years of combined experience will instruct your child on the basics of gymnastics in a competitive format and prepare them for Local Competition Meets and to become future Champions!

COMPETITIVE TEAM PROGRAMS - INVITATIONAL ONLY (LEVELS 4-10)
The award winning competitive team programs for girls at the Los Angeles School of Gymnastics has been winning medals and titles from around the globe since 1975! Programs for Girls Levels 4-10 are available! We provide a competitive program providing training in all Olympic apparatus including beam, bars, vault and floor exercise. Call for more information!
Rhythmic Gymnastics Recreation & Rhythmic Gymnastics Competition Teams

Does your little girl enjoy twirling a ribbon or playing with a hula hoop? Rhythmic Gymnastics is the perfect answer for your child! If you like the benefits of dance, ballet, expressive movement combined with a unique blend of gymnastics your daughter will LOVE Rhythmic Gymnastics!

Recreational Rhythmic Gymnastics

The Los Angeles School of Gymnastics is the pioneer for the popularity and introduction of Rhythmic Gymnastics in the United States! This introductory level of the beautiful Olympic sport is designed to teach young girls how to work with a ribbon, ball, hoop, rope, clubs and flexibility in a routine. This program offers the best all around physical education compliment to any young girl’s physique and development. Our exclusive Rhythmic gymnastics recreational program includes semi-annual performances, self-esteem and performance building skills that will last a lifetime!

All programs are taught by highly qualified instructors with Masters Degrees and Physical Education degrees from Europe. Please visit our center to receive more information about the award-winning Rhythmic Gymnastics program. Specialty Flexibility classes, Ballet classes & Adult Rhythmic Gymnastics programs have been added to this award winning program.

RHYTHMIC GYMNASTICS COMPETITIVE TEAMS (BY INVITATIONAL ONLY)

The Los Angeles School of Gymnastics is the Nation’s leader in the gymnastics industry and has embraced Rhythmic Gymnastics as its “sister” sport in the list of programs available at our unique center. Rhythmic Gymnastics is an Olympic sport exclusive to girls and LASG serves as the 1st school in the United States to Feature an Olympic athlete in the Induction of Rhythmic Gymnastics at the 1984 Summer Olympics Games.

The Competitive Rhythmic Gymnastics is overseen by Madame Alla Svirsky, a four-time Olympic Coach and USA Gymnastics Inductee to the USA Sports Hall of Fame. After years of dedication and hard work, Madame Alla Svirsky pioneered Rhythmic Gymnastics into the United states through the 1984 Olympic Games in Los Angeles. This was the first sanctioned Olympic Games for Rhythmic Gymnastics and Madame Svirsky was acclaimed as the FIRST Olympic Coach for the sport. Madame Svirsky in conjunction with the LA Lights Rhythmic Department at the Los Angeles School of Gymnastics still hold the highest ranked Olympic athlete in course history.

Rhythmic Gymnastics
Elite Coaching Team:
Vlada Y. - Former USA National Team Member
Olga P. - USA National Team Coach
Diana M - Former USA National Team Member
Elena B. - Coach/Judge from Russia.

LASG Athlete: Isabella Connor
Junior Olympian Champion

LA Lights Rhythmic Gymnastics Tournament held annually by the LASG. For More Info: www.LALightsMeet.com See top gymnasts from around the world!

We have a place for every child, every skill ability and athletic desire. Anyone can be a Gymnast!
These all male classes are taught by highly qualified Men’s Gymnastics coaches introducing the basics of apparatus including the Floor Exercise, Parallel Bars, Pommel Horse, Still Rings, High Bar and Vault.

BOYS RECREATIONAL PROGRAM

BOYS BEGINNING - LEVEL 1
This class is for boys interested in the introduction of Gymnastics alongside the USA Gymnastics (governing body of Gymnastics in the United States). The Level 1 program designed to introduce your young boy into the sport of gymnastics while having fun learning basic introductory skills.

BOYS INTERMEDIATE-LEVEL 2/3
Our intermediate class helps increase skills required to learn Level 2-3. Your child will expand to an 1 1/2 hour class with longer rotations with equipment and more body strengthening drills, stronger conditioning to attain skills to prepare your young athlete into a well disciplined and refined young male athlete.

BOYS COMPETITIVE TEAM PROGRAM

The Los Angeles School of gymnastics Boys Competitive Team Program is focused on introduction to the competitive Men’s Gymnastics program based on the guidelines of USA Gymnastics (National governing body of gymnastics in the United States).

The competitive department of the Men’s Gymnastics Teams at the Los Angeles School of Gymnastics includes Levels 3-10 and is headed by former Olympic Coach of Armenia, Manvel Grigoryan and Darryl Thompson of New Orleans, Louisiana. Members of Men’s Competitive Teams at LASG have received top honors and achieved National status including qualification to the USA Gymnastics All-Star Team. Collegiate Scholarships and Top Honors!

TUMBLING FOR CHEERLEADING GROUPS! INDIVIDUAL OR GROUP

The Los Angeles School of Gymnastics specializes in specialty training for cheerleaders seeking new tumbling techniques for success as individuals and as a team.

* Stretch classes for dancers & cheerleaders and off-ice skating now available at Low Group Rates! Adult group rates now available!

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* Move Production & Rentals
  * We are the leader in the industry for consulting, equipment rental, talent search and more.
  * Ask for Tanya@LAgyminastics.com
  * Contact our Office for more information 310.204.1980

* Stretch classes for dancers & cheerleaders and off-ice skating now available at Low Group Rates! Adult group rates now available!
WE HAVE SOMETHING FOR EVERYONE AT
LOS ANGELES SCHOOL OF GYMNASTICS!

Olympic Dream Gymnastics Birthday Party! (One of our Most Popular Program)
Have the BEST Olympic Birthday Party ever! Are you looking for a Birthday Party idea your child will FLIP over? Give your child the experience of the “Olympic Dream” birthday party and you’ll be giving your child a party of Flips, Tumbling, Flying, Climbing, Jumping, Bouncing, Fun and Excitement!

After your child explores gymnastics with their friends in 1 1/2 hour interactive play period, all guests will be forwarded to the private party room to enjoy food, cake, ice cream and any other items you choose to bring in, have delivered or served yum!!

*School Field Trips Now Available*
Ask Us about our Corporate • Adult • Parkour Birthday Parties also! All guests will receive a ribbon and B Day Child receive a 1st place Gold Medal. Bring your party to us and receive the World’s BEST Gymnastics Party! "Birthday Party for kids” pop sugar

ADULT
ALL SKILL LEVELS WELCOMED!

RSVP:
Online: MeetUp.com/Gymnastics-Classes or call us
Call: (310) 204-1980

Daily Rate
$15.00 cash
$20.00 debit/cc
*Package Rates Available*

We make it easy, Just scan and RSVP!

TUITION AND FEES
Register any time! You don’t have to wait for a new session to start! Fees are pro-rated for new members or re-enrolling members. *Tuition includes a FREE T-Shirt and LASG Gym Bag! Each session is 8 weeks. Pay Early Tuition to save on your tuition.
- *Annual Membership fee: $55.00 (Tax deductible we are a 501(c)3 organization)
- Referral Sibling Discounts Available, Multi Child Family Discounts Offered.
- Now Accepting Charter Home School Programs • Yoga • Behavioral Therapy
- Coming Soon! Medi-Cal Accepted Plans (ages 12-26 only) - Pre - Enroll Now!

*Safety and Procedures*
Los Angeles School of Gymnastics holds the highest safety standard available in the United States and requires ALL staff and administration to be American Red Cross CPR training, USA Gymnastics Safety Certified, OSHA Infant & CPR Certified. Background checks & Live Scan/Fingerprint cleared.

We have a place for every child, every skill ability and athletic desire. Anyone can be a Gymnast!
MEET THE LEADERSHIP TEAM

Los Angeles School of Gymnastics is the first gymnastics center in Los Angeles! Established in 1975, the school has served over 1,000,000 families with quality Gymnastics instruction, innovative programs and a well-rounded curriculum supporting healthy, happy children for over 4 decades! We have a long history of success in gymnastics and fitness instruction along with highly specialized trainers that offer a unique opportunity for children that is unsurpassed in the Los Angeles area. “Join the BEST training center in Los Angeles and succeed in life!” - Los Angeles Magazine “Best Gymnastics Facility in LA, they really have set the Bar high - LA Times

Alla Svirsky
Executive Director
• Former Coach USC Artistic Gymnastics Team
• Artistic Gymnastics Judge
• USA Gymnastics Board Member for 7 years.
• PCC Candidate
• Bachelor of Health

Tanya Berenson
General Manager
• USA Gymnastics Professional Member
• USA Gymnastics Safety Certified
• USA Gymnastics Judge
• Head of USA Delegation World Maccabi Games 2013
• World Special Olympic Sports commissioner, 2015
• Add Certified
• Special Ed. Coach Certified
• Member of LA’s “Who’s Who” program

Elena Bokova
Executive Director
• Former Coach USC Artistic Gymnastics Team
• LA Lights Tournament of Champions Rhythmic Gymnastics Coach, Russia
• LA School of Gymnastics Coach
• Elena@lagymnastics.com
• RG Technical Requests, Code of Points, Score Sheets & Judging Requests
• Flexibility Coach/Expert

MEET THE LEADERSHIP TEAM Celebrating 40 years! Since 1975!

SPECIAL EVENTS

ACADEMY MEET & EXPO - LASG is the first to offer its members a unique competition for all levels, ages and skill group. Quarterly, each child will be instructed on all apparatus in front of parents and presented with a trophy for their participation. Utilizing a tradition Olympic themed format.

GYM SLEEPOVERS - LASG holds themed sleepovers for boys and girls of all ages. Contest, Prizes, Games Food and Fun. Check our calendar of events for the next sleep over event!

CLINICS - LASG provides supplemental clinics for added training and Gymnastics support. Celebrity gymnasts, specialty instructors, Tons of added / supplemental coaching at the highest level in the world - only offered at LASG! Tumbling Clinics, Flexibility Clinics & many more!

PROGRESS REPORT - LASG has exclusively designed a progress report for each parent to receive on your child’s progression at the end of each session. Check with your child’s coach for more information.

MAKE UP CLASSES? NO PROBLEM! - Make up classes are offered if your child misses a class. Please call After your child has missed the class and we will schedule your make-up Lesson anytime while your child is an active member of the school.

Thanksgiving, Winter, Spring, Summer Seasonal Day Camps

The Award-Winning Camps at Los Angeles School of Gymnastics provide seasonal Day Camps that include three hours of quality gymnastics training for a progressive and positive experience for your child (no experience is required). We incorporate varies themes of activities such as Hip-Hop, Swimming, Karate, Circus Arts, Dance, Ballet, Crafts, Daily Gymnastics and so much more! Non members welcome!

• Kiddy Camp (2-4yrs)
• Day Camp (5-10yrs)
• Artistic Camp (Level 2-10)
• Men’s Team Camp (Level 4-10)
• Rhythmic Team Camp (Level 3-10)
• Special Needs Camp
• Cheer Camp
• Parkour Camp
• Extended Day Care 8AM - 6PM
• Hot Lunch is Available
• Field Trip for visiting Schools & Groups now available!

*Ask about our school field trips for your child’s class!

Contact our Office to schedule your Camp Reservation Today!

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