

Is your child th¹e next Nastia Liukin?

By Edwin Folven, 3/26/2015

Gymnastics school welcomes students of all ages and skill levels

Aspiring gymnasts are encouraged to join the Los Angeles School of Gymnastics' (LASG) in-house programs or annual summer camps that provide instruction for all skill levels.



Instructor Irma works with some of the youngest aspiring gymnasts. The school accepts male and female students from 18 months to adults. (photo courtesy of LA School of Gymnastics)

The nonprofit school was founded in 1975 by executive director Alla Svirsky and offers instruction in gymnastics for children 18 months and older through adults. The school is recognized as the first gymnastics center in Los Angeles and is celebrating its 40th anniversary this year.

“At LASG, we recognize we have a responsibility to continue to promote health and wellness to the community, especially children.” LASG director Tanya Berenson said. “We currently have approximately 900 students.”

The school offers a spring gymnastics camp running from Monday, March 30 through Friday, April 10. LASG is also offering nine summer camps running from Tuesday, June 9 through Sunday, Aug. 30. The camps offer something for everyone, and include a cheerleading camp, “kiddy” camp for ages 2-4, a boys day camp, a teen camp for ages 13-16, a co-ed day camp for ages 5-12, girls and boys competitive camps, a rhythmic gymnastics day camp, and a camp for special education students. The school will hold an open house and tour for its camps on Sunday, May 3 from 1 to 3 p.m. Visitors can tour the facility, meet instructors, sample camp activities and meet members of the USA National Gymnastics Team, who will perform.

Campers will use the school's three 3,000-foot spring tumbling floors, full-size trampolines, multiple beam bar stations, spotting belts and a foam filled pit. Camp activities also include hip-hop dance with instructors from UCLA, yoga, swimming and rock-climbing.

“The camps offer something for a wide range of participants,” Berenson said. “[The open house] is an opportunity for everyone to view the programming. It will be a fun family day full of activities.”

Berenson said each student is evaluated by age and skill level prior to entry into the appropriate program. No experience is necessary, and classes are also offered for gymnasts of intermediate and advanced skill levels. She said the camps are particularly rewarding, as participants can advance by an entire skill level through a two-week program.

“If someone attends as a beginner, they can advance into competitive programs,” Berenson added. “The camps are specific to children and young adults.”

The school offers adult classes every Monday through Saturday, and participants can choose classes based on their schedule.

“Nowadays, children find enjoyment through tablets, cellphones and video games. At LASG, we will redirect their enjoyment toward foam filled pits and trampolines,” Berenson added. “Whether your child is interested in gymnastics for fun, recreation or has high ambitions in the sport, we provide an educational, healthy, safe and professional environment for the kids.”

The cost of camp sessions vary, and discounts are offered for early registration. LASG is located at 8450 Higuera St., Culver City. For information, call (310)204-1980, email Info@lagymnastics.com, or visit www.lagymnastics.com.