

Serving 1,000,000
Children Since 1975!

LOS ANGELES School of Gymnastics



LASG

Main Office
8450 Higuera Street
Culver City, CA 90232

Second Location
5870 W. Olympic Blvd
Los Angeles, CA 90036

310.204.1980
LAGymnastics.com

The Los Angeles School of Gymnastics is the first gymnastics center in Los Angeles! Opening its doors in 1975, the school has served over 1,000,000 families with quality gymnastics instruction, innovative programs and well-rounded curriculums supporting healthy and happy children for over 35 years! The Los Angeles School of Gymnastics is a unique center offering programs for children 18 months with progressive development through the adult years. Our award-winning center offers classes for every child, with every skill ability, from recreational classes to the pursuit of Olympic Dreams! Boys and girls, from toddlers to teenagers, the Los Angeles School of Gymnastics has the right program for you and your family!

LA School of Gymnastics boasts a long history of success in gymnastics and fitness instruction along with highly specialized trainers that offer a unique training opportunity for children that is unsurpassed in the Los Angeles area. Studies show that children in our time line program of success demonstrate a higher capacity of both athletic and academic shows a history of tradition and we are proud to be part of Los Angeles history! Join the best training center in Los Angeles and see your child succeed in life!



Alla Svirsky

Led by Mrs. Alla Svirsky, former Head Coach of the USC Artistic Gymnastics Teams, Four-Time USA Gymnastics Coach of the Year, 3-time USA Olympic Coach, Olympic Judge Inductee to the USA Gymnastics Hall of Fame, USA Gymnastics Board Member, FIG Candidate, and Brevet II Judge each program is carefully designed and constructed to allow us the privilege of making your child succeed!



Tanya Berenson

The LASG is managed by Tanya Berenson and is a USA Gymnastics Professional Member, USA Gymnastics Safety-Certified and a USA Gymnastics Judge. Tanya has been with the Los Angeles School of Gymnastics since 1994.

LOS ANGELES
School of Gymnastics



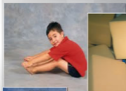
THE ORIGINAL
Since 1975

Parent and Me

This amazing program is a playful class involving mom/dad and baby centered on age appropriate moments and apparatus using exploration as a tool. Classes are instructed by award-winning teachers specializing in the median age groups of 18 months-2.5 years of age. Children will learn a basic introduction to fun and playful floor tumbling, gymnasium activity courses, bouncing on the trampoline, hanging on bars for upper-body strength, beam for hand-eye coordination, and mini-vault for coordination. This class also works on coordination and muscle strengthening skills, as well as motor development for toddlers! LASG has over 35 years of experience that is unsurpassed! Join the best Parent & Me class in town as we develop the habit of exercise!

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 the habit of exercise!



Pre-School Program – Mini-Tots

Imagine an award-winning center that has been working with pre-school children for over 35 years that is designed to challenge and delight your child! The Pre-School Mini-Tots program is a class format in which boys and girls ages 3-4 years are without a parent and participate in a group class format with a specialized instructor. Experts believe that movement at this stage in life is essential in developing hand-eye coordination, direction taking skills, motor development, physical education and cooperative learning skills. Students will learn a formal introduction to Pre-Level 1 gymnastics that includes basic tumbling skills and an overall experience that includes the bars, beam, and mini-vault with age-appropriate equipment. This amazing 1-hour lesson involving FUN AND EXCITEMENT will delight your child and bring years of physical benefit and fun! Join the best class in town as we develop the habit of exercise!

Pre-School Advanced

This program offers an emphasis on further introduction of gymnastics with physical challenges that includes an extension of the pre-school program. Students will learn basic tumbling skills on the floor exercise and experience the bars, beam, vault, and additional skills for advanced placement. Prior to enrollment, each child is evaluated for to assure proper placement in the appropriate class with other students of the same level.

Remember, 3-5 year old children have a vast range of physical and direction taking abilities. For instance, a five year old child can be a future 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 for new members!

Call Today! 310.204.1980
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Gymnastics...

...a great overall sport!

Experts believe the benefits of gymnastics are physical: amazing power, unparalleled balance, motor development, hand-eye coordination and discipline.

In the recreational levels...Los Angeles School of Gymnastics is well-known for the development of gymnastics as an activity versus gymnastics as a sport. LASG has the exclusive opportunity to offer both programs at our unique center! We have a place for every child, every skill ability, every body type, and every athletic desire!

Girls Beginning

Girls Recreational classes are part of the developmental program based on USA Gymnastics (governing body of gymnastics in the United States) guidelines for Level 1 training. Parents are welcome to watch the progression of their child in the designated 2nd floor glass observation room. These classes are grouped with all girls based on skill ability and age. Classes will emphasize a formal introduction to proper training technique of the bars, beam, vault, floor exercise, flexibility training, strength training and more! Each class is carefully constructed to motivate your child in a fun and progressive environment with the primary emphasis on safety and proper training methods for injury prevention and physical growth.

Girls Intermediate

Girls Recreational classes are part of the developmental program based on USA Gymnastics (governing body of gymnastics in the United States) guidelines for Level 2 training. Parents are welcome to watch the progression of their child in the designated 2nd floor glass observation room. These classes are grouped with all girls based on skill ability and age with a larger focus on progressive skills. Classes will emphasize a formal introduction to proper training technique of the bars, beam, vault, floor exercise, flexibility training, strength training and more! Each class is carefully constructed to motivate your child in a fun and progressive environment with the primary emphasis on safety and proper training methods for injury prevention.

LOS ANGELES School of Gymnastics

Serving 1,000,000
children SINCE 1975!
Experience Counts!



Girls Advanced

Girls Recreational classes are part of the developmental program based on USA Gymnastics (governing body of gymnastics in the United States) guidelines for Level 3 training. Parents are welcome to watch the progression of their child in the designated 2nd floor glass observation room. These classes are grouped with all girls based on skill ability and age. Classes will emphasize in proper training technique of the bars, beam, vault, floor exercise, flexibility training, strength training and more! Each class is carefully constructed to motivate your child in a fun and progressive environment with the primary emphasis on safety and proper training methods for injury prevention. This level is the final skill group before moving into the competitive sport structure of the Los Angeles School of Gymnastics. Your child's instructor will make a formal recommendation if your child is ready to move to the next skill group.

Girls Artistic Teams

1st Level of Gymnastics as a Sport. *By Invitation Only*

The award-winning pre-team programs are designed to prepare athletes for the competitive arena of USA Gymnastics (governing body of gymnastics in the United States). Skills from the beginning competitive levels will be instructed and basic components of competitive structure will be introduced at this level. Top notch instructors with over 150 years of combined experience will gradually instruct your child on the basics of gymnastics in a competitive format. Once your child has mastered the pre-team program, she will be advised to begin the competitive program.

Girls Artistic Teams

Competitive Team Programs. *By Invitation Only*

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! Make no mistake, gymnastics as a "sport" is vastly different from gymnastics as an "activity". Therefore, the LASG competitive teams are a separate department from the fun and recreational levels of the activity center. The Los Angeles School of Gymnastics competitive program provides training in all Olympic apparatus including beam, bars, vault, and floor exercise. The LASG provides top notch training aides that include incline mats, foam-filled cubicle pools, video aides, state-of-the-art spring tumbling floors, beams and bars, bungee belts, spotting stations, and hundreds of safety mats. All prospective competitive athletes may contact the Corporate Offices to schedule an evaluation for class placement. Programs for Girls Levels 1-10 are available! Seasonal Training for visitors, private instruction, facility rental is available for a more personalized training objective.

Contact the Executive Offices for a **FREE EVALUATION**
for proper skill placement!



Rhythmic Recreation

Does your little girl enjoy twirling a ribbon or playing with a hoola 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!

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 public 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 this amazing curriculum.

Rhythmic Gymnastics Competitive Teams

By Invitation 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 that has elements of superior flexibility and coordination in conjunction with the use of apparatus that includes the ball, ribbon, clubs, hoop and rope. For many decades, Rhythmic Gymnastics served as a popular school sport in Europe due to the incorporation of specialized training that includes ballet, dance, creative body movement and the use of dazzling outfits and decorated apparatus (similar to Cirque Du Soleil). This program is headed by Executive Director Alla Svirsky, four-time Olympic Coach, and USA Gymnastics Inductee to the Hall of Fame.

After years of dedication and hard work, school director Mrs. 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 Mrs. Alla Svirsky was acclaimed as the FIRST Olympic Coach for the sport. Mrs. Svirsky in conjunction with the "LA Lights Rhythmic Department" at the Los Angeles School of Gymnastics still hold the highest ranked Olympic athlete in the history of the sport.

Since the string but modest beginnings, the Los Angeles School of Gymnastics has produced 19 National Champions and 3 Olympians. Athletes of the competitive teams have participated in numerous competitions including the Pan American Games, Goodwill Games, Four Continents Championships, World Championships, Maccabi Games and the Olympic Games. Begin the journey with your child into the amazing sport of rhythmic gymnastics! Contact the corporate office for a FREE evaluation to place your child on a team!

Available for
girl's ages 4
years & up!



Boys Recreational Program

Boys Beginning



This class is for boys interested in the introduction of Gymnastics alongside the USA Gymnastics (governing body of Gymnastics in the United States) Levels 1 program. This all male class instructed by a highly qualified male instructor will instruct the basics of Men's apparatus including Floor Exercise, Parallel Bars, Pommel Horse, Still Rings, High Bar, and Vault. Boy's classes begin with a 1-hour lesson with a maximum of 8 students to safety-certified instructor. Rotations typically include three events (i.e., floor, rings, p-bars) where instructors use drills, demonstrations and guided practice to help students learn new moves. Being able to comprehend and master new skills is part of the self-esteem and endurance that our Boys Gymnastics programs are well renown for! Boys Gymnastics will teach your child the tumbling and muscle building strength while he progresses to the next skill level.

Boys Intermediate



Boys Intermediate classes become a bit longer to help with the increased skill level required to learn intermediate level gymnastics. Enrollment in Intermediate classes is by instructor invitation/evaluation only. Classes become an 1 1/2 hour and expand to include a longer warm-up (to work on direction taking skills), longer rotations on equipment and a bit more strength and flexibility conditioning to help attain skills while safety is held as the first priority in all of the programs. These classes focus on USA Gymnastics (governing body of gymnastics in the United States) Level 2-3 while these classes are grouped with all males and instructed by a USA Gymnastics safety-certified Men's Gymnastics specialist. Skills are evaluated at the end of each 8-week session to track progression and advancement. Students in the Intermediate classes are highly encouraged to attend two times per week. Intermediate classes are the final recreational program for boys prior to moving to the Boys Pre-Team preparatory groups.



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 4-10 and is headed by former Olympic Coach of Armenia, Mr. Manvel Grigoryan and Mr. 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. Los Angeles School of Gymnastics offers all Olympic apparatus including P-Bars, High Bar, Pommel Horse, Spring Tumbling Floors, Foam-Filled Cubicle Pools, Vault, Hundreds of Safety Mats and Video Aides. All prospective athletes are required to complete a FREE EVALUATION for proper level placement in the competitive programs. Join the best Men's Gymnastics program in town and help your child in becoming a seasoned and respectful athlete!





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 memory of flips, tumbling, flying, climbing, jumping, bouncing, fun and excitement. Participants will wiggle, twist, and roll through amazing obstacle courses and play cooperative gymnastics games in our first-class facility. After your child explores gymnastics with their friends in 1 ½ 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. All guests will receive a ribbon and a certificate for a FREE gymnastics class! Bring your party to us and receive the world's best gymnastics party fun!

Private Instructions

Do you have a try-out or audition soon? Would you like your child to progress in a quick and supervised environment? Private lessons cater to a vast range of expedited athletic goals for adults and children. Our highly skilled instructors have an extensive background to accommodate any athlete to reach your athletic goals in an individual training plan set and designed to accommodate your schedule and budget. This program is designed to individually meet the needs of private clientele. Please contact the Executive Offices for scheduling and pricing! Call now (310) 204-1980!



Special Education



The Los Angeles School of Gymnastics is proud to offer a nationally recognized Special Needs Program for Gymnastics! NOW YOU HAVE A QUALITY CHOICE FOR YOUR CHILD'S PHYSICAL DEVELOPMENT! training methods have been designed to meet the needs of children and adults by utilizing gymnastics as a primary tool for rehabilitation. Our specialized trainers have specialized training and certification in proper training techniques for children with special needs.

Join our loving, caring and gifted staff by contacting the Los Angeles School of Gymnastics Special Needs Department at (310) 204-1980 ext. 31.

The Los Angeles School of Gymnastics is vendored with EVERY major funding organization in California! If we don't get funding for your child...then you DON'T PAY (Restrictions may apply)! Contact our offices NOW for a FREE assessment!



Ballet

Children from 5 years & up can discover the beauty and grace of traditional ballet. Instructed by award-winning teachers from the Bolshoi Ballet in Moscow, our 1-hour classes are an excellent supplement to any child's dream of being a ballerina! Classes include traditional ballet format, turns, leaps, points, and technique. Join the best ballet class in town as we develop your child into a refined and beautiful athlete! See a current class schedule for times and prices!



Movie Production & Rental

The Los Angeles School of Gymnastics is renowned in the movie, television, film and print media throughout the globe. With appearances in dozens of movies including Charlie's Angels, Spy Kids, Sock It, The Matrix, hundreds of Disney shows, CNN, NBC, CBS, Wall Street Journal, LA Times and more...we are the leader in the industry for consulting, equipment rental, talent search, and general support in all capacities of gymnastics, rhythmic gymnastics, cheerleading, dance, wrestling, and more!



Please contact the Executive Offices for more information on facility rental for casting/audition, equipment rental for on-site production, consulting, spotting, talent, stuntman and more! Please call (310) 204-1980 TODAY!

Seasonal Camps

Do you want your child to have a camp experience of a lifetime? The Los Angeles School of Gymnastics seasonal camp experience is the perfect answer to your child's need for structured activity. Los Angeles School of Gymnastics has the largest member base facility in Los Angeles! Campers use the three 3,000 square foot spring tumbling floors, full-size trampolines, rings, pommel horse, bungee cords, multiple beam and bar stations, spotting belts, and the foam cube pit.

LASG camp programs include three hours of quality gymnastics training daily. The techniques the LASG staff employs are based on positive and progressive principles of positive and progressive training. The afternoons are filled with varying themed activities including hip-hop, swimming, karate, circus arts, dance, ballet, crafts program, and martial arts. Children are placed into each group category upon the first start date and evaluated for proper skill placement by both age and experience. New members are welcome.

Programs are available for Kiddy Camp (ages 2-4 years), Day Gymnastics Camp (5-10 years) and Teen Day Camp (11-16 years), Artistic Girls Team Camp (Level 4-10), Men's Gymnastics Team Camp (Level 4-10), and Rhythmic Gymnastics Team Camp (Level 4-10). Specialty camps for private groups, Cheer Camp, Fitness Camps and Special Needs are available. Please contact the Executive Offices for current camp dates, schedule and price information at (310) 204-1980 or visit us online at www.lagymnastics.com.

Los Angeles School of Gymnastics is proud to offer an

Olympic Caliber Program



Tumbling & Trampoline

Coach McCann

Students learn to flip and twist in the air while building physical strength, agility in conjunction with mental discipline. Levels are set forth by the United States Gymnastics Federation (USAG) and United States Tumbling and Trampoline Association (USTA).

Athletes at the Los Angeles School of Gymnastics complete on the local, regional, national and international levels including full NCAA collegiate scholarships and tuition endowments. Students learn basic introduction to the fun and high flying acrobatic skills needed for balance and tumbling on a trampoline bed. Students can choose from 1-hour classes or 2-hour sessions and are instructed by highly qualified trampoline and tumbling specialists that are certified by USA Gymnastics, USTA and OSHA organizations for safety.

The physical abilities and mental discipline your child learns to master trampoline and tumbling skills in combination with routines will improve their performance in other sports in school.

Dan McCann - Gymnastics and Trampoline Instructor has been teaching gymnastics and trampoline for the past 20 years. Programs are available to all levels and ages from the beginner levels, special needs, to the elite competitor. A national and international level competitor in gymnastics, Dan has performed professionally as a gymnast and trampolinist and is considered one of the top coaches in the nation for T&T.

In the 2007 competitive season Dan coached Isaac Obrist who won 4th place All-Around at the T&T California State Championships and qualified to the Level 9 National Division. Joining the Los Angeles School of Gymnastics T&T team is Ben Sharif to 1st place All-Around finish at the State Championships and a national qualifying score in the Level 7 division.

"I am excited about teaching at the Los Angeles school of Gymnastics and working with this very fine coaching staff. I believe there is an excellent opportunity here to turn some enthusiastic kids who enjoy flipping into skilled competitive athletes on the trampoline with little as 4 hours a week of training. I truly believe the physical skills and mental discipline your child develops through the process of training and competing in the gymnastics or trampoline with help them become better students in the classroom and serve them well for the rest of their lives."



LOS ANGELES
School of Gymnastics
Since 1975



Register Today! 310.204.1980

LAGymnastics.com

Special Events

Academy Meet & Expo The Los Angeles School of Gymnastics is the 1st known center to offer its members a unique opportunity to perform in a simulated competition for all levels, ages and skill groups. 4 times per year, each child (new or ongoing member) will be instructed on a series of routines on all apparatus in which he/she will perform in front of parents, friends, relatives and a general audience. This program will include an "Olympic Theme" and each child will receive an official 1st place gold medal in a real competition awards ceremony. Mini-Tots and Advanced Tots are especially encouraged to attend as they will perform an age-appropriate obstacle course and receive a separate awards ceremony that includes toys and medals! Please contact the LASG Executive Offices for event dates and information.

Gym Sleepovers The Los Angeles School of Gymnastics holds themed sleepovers for boys and girls ages 4 years-teens! Costume Contests, Dance Contests, Prizes, Games, Gymnastics, Obstacle Courses, Food, and Fun Overnight Sleepover activities will delight your child in this festive event for both members and non-members! Visit the official web-site at www.lagymnastics.com for more information and registration!

Clinics The Los Angeles School of Gymnastics, the original leader in the gymnastics industry by serving the community with ongoing education, supplemental clinics for added training and gymnastics support services through the award-winning clinic forums. The annual Back Hand Spring Clinic and Tumbling Basics program is a special opportunity for athletes of all levels, ages, and skill abilities to learn from the top coaches in the country accompanied by celebrity guest speakers to learn the proper techniques and training methods of floor tumbling. Previous guest speakers include Svetlana Khorkina (Olympic Gold Medalist), Jhulia Khorkina (Russian National Team Member), Dominique Dawes (Olympic Gold Medalist) and Yvonne Toussak (2-time Olympian). Please contact the Los Angeles School of Gymnastics for clinic dates and registration information!

Progress Reports

Each parent would like to know the progress of their child. The Los Angeles School of Gymnastics has an exclusively designed progress report that is completed by your child's instructor at the end of each session. This process is designed to update you on your child's progress, skill progression and readiness to move to the next skill level. At the Los Angeles School of Gymnastics, we take a genuine interest in your child's success and you can be assured that your child's development and success is a crucial part of our program.

Uniforms

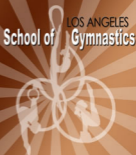
Los Angeles School of Gymnastics is the ONLY center that offers a uniform for all students. Girls will be required to wear a sanctioned LASG blue leotard with LASG logo shorts and boys will wear an LASG T-shirt and LASG logo shorts. These items are available at our amazing gift shop for purchase. Optional items are available at our gift shop that include track suits, sweatshirts, tank tops, tank/pants for boys and rhythmic gymnastics supplies! Visit our fully stocked gift shop for all of your gymnastics needs!

Tuition and Fees

- o Join any time! Fees are pro-rated for new members or re-enrolling members!
- o Annual Membership fee: \$50.00 tax-deductible under California Section Code 501(c)3. Includes FREE T-Shirt and LASG Gym Bag!
- o Sibling Discounts and multiple member discounts are available!
- o 100% Money Back Guarantee (After 1st class - New Members Only)
- o Early Payment Discount Opportunities

Safety and Procedures

Los Angeles School of Gymnastics holds the highest safety standards available in the United States and requires ALL staff and administration to hold USA Gymnastics safety-certification and American Red Cross CPR training. In addition to our strict guidelines for hiring and staff training, we require that emergency procedures including earthquake alarms, terrorist drills and fire safety exercises are practiced throughout our facility regularly. Our measures are expensive but your child's safety is of the utmost importance! All areas of our facility are fully padded UNDER the carpet and the facility is cleaned and sanitized every day to ensure a quality environment for your child! Our state-of-the-art facility has a heating and air conditioning system to keep your child comfortable year-round. Our facility has over \$1,000,000.00 million dollars in the most up-to-date equipment to ensure your child's overall safety.



310.204.1980

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