

# A Jolly Month in Gymnastics this December



## COMING UP THIS MONTH

Holiday Give Away

Holiday Fitness

Winter Camp

Session 5 Performances

Session 1 Enrollment

So much more holiday fun

### ON-SITE OUTDOOR PROGRAMS:

Boys Gymnastics Girls Gymnastics  
Adult Gymnastics Rhythmic Gymnastics

### ONLINE PROGRAMS:

Boys/Girls Zoom Gymnastics  
Adult Zoom Gymnastics  
Zoom Rhythmic Gymnastics  
and so much more



LOS ANGELES SCHOOL OF GYMNASTICS  
8450 WIGUERA STREET, CULVER CITY, CA 90232



## LA SCHOOL OF GYMNASTICS

8450 HIGUERA STREET, CULVER CITY, CA 90232  
WWW.LAGYMNASTICS.COM

SAVE THE DATE

# WINTER RECESS

DECEMBER 21, 2020 - JANUARY 8, 2021



## REGISTER TODAY

310.204.1980  
[www.lagymnastics.com](http://www.lagymnastics.com)

## GIRLS GYMNASTICS BOYS GYMNASTICS ZOOM CLASSES

SOCIAL DISTANCING ENFORCED, MASKS REQUIRED FOR PARENTS & COACHES



# SESSION

# 1

LOS ANGELES  
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8450 HIGUERA STREET  
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(310) 204 - 1980  
WWW.LAGYMNASTICS.COM



**BOYS CAMP GIRLS CAMP  
ADULT GYMNASTICS  
SPECIAL NEEDS SERVICES  
RHYTHMIC GYMNASTICS**

**DECEMBER 28, 2020 - FEBRUARY 21, 2021  
CALL TO ENROLL 310.204.1980**





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(310) 204-1980

# 2020-2021 LASG UNIFORM CATALOG

A COLLECTION OF THE MOST CELEBRATED  
PIECES OF THE SEASON



**ORDER BY  
DECEMBER 7TH**

for delivery by  
December 24th!

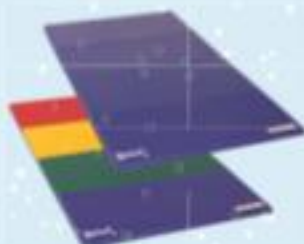
Sale prices valid until  
January 4, 2021.



# GIFTS FOR Gymnasts



**ALL PRICES INCLUDE  
DELIVERY CHARGES\***  
\* within the 48 contiguous United States



**4' x 8' x 1-3/8" Panel Mats**

HG-824XB Royal Blue \$219  
HG-824XM Multicolored \$219



**4' x 12' x 1-3/8" Panel Mats**

HG-844XB Royal Blue \$299  
HG-844XM Multicolored \$299



Supplied  
in random  
colors.

**Folding Incline Mat**

HGF-831SF 30"W x 66"L \$329



**Sectional Beams**

HSB-400 4' Long Beam \$99  
HSB-402 6' Long Beam \$159



**Low Parallel Bars**

HLPB-416 Low P-Bar \$279  
HLPB-446 4'x6' Panel Mat \$179



**Mini Bar**

HGF-864 Mini Bar \$449  
HGF-863 Mini Bar Mat \$259



**Low Balance Beam**

HG-1085 8' Beam \$339



**Hopscotch Carpet**

HBB-101 Hopscotch Mat \$169



**The Big Book  
of Gymnastics**

HBB-001 One Book \$20



**Cartwheel-Beam Mats**

HCM-100P Pink Mat \$89  
HCM-100B Light Blue Mat \$89



**The Domino  
Cartwheel Blocks**

HSC-3618P Pink & Blue \$109  
HSC-3618O Orange & Blue \$109

**FIND MORE PRODUCT DETAILS AT [WWW.NORBERTS.NET](http://WWW.NORBERTS.NET)**

**ORDER BY PHONE  
(800) 779-1904**

**SHIPPING INCLUDED\***

\*Delivered prices for items on this poster only available for shipments within the contiguous United States. For all other items, in any quantity, contact Norberts for applicable shipping charges. Delivered prices do not include applicable sales tax.

**DESIGNED AND  
ASSEMBLED IN**



**NORBERTS**  
ATHLETIC PRODUCTS, INC.

**ORDER ONLINE  
[www.norberts.net](http://www.norberts.net)**

**USE THIS CODE WHEN ORDERING  
to give your gym credit for new equipment.**

**LA001**

NORBERTS uses the Right Order Code when ordering online, and the Wrong Order Code if not. Always use the code. The phone order code can be used to credit your gym.



LA SCHOOL OF GYMNASTICS

# ADULT GYMNASTICS OUTDOOR CLASSES

OPEN FOR WINTER CLASSES

8450 HIGUERA STREET, CULVER CITY, CA 90232 (310) 204-1980

## NOW ENROLLING

**Tents, Heaters, Outdoor  
Gymnastics Equipment,  
Port-o-Potty, Wash Sink,  
and so much more!**

MONDAY, WEDNESDAY,  
AND FRIDAY

7:00 P.M. - 8:30 P.M.

\$20/CASH \$22/CARD

[www.lagymnastics.com](http://www.lagymnastics.com)

Follow us on Instagram

**THE CLASS  
YOU'VE BEEN  
WAITING FOR  
IN THE COMFORT  
OF YOUR  
OWN HOME**



**ZOOM STRETCH**  
ONLINE STRETCH CLASS  
**FOR ADULTS**

**CALL TO INQUIRE ABOUT FUTURE  
DATES**

**TO REGISTER, CONTACT A REPRESENTATIVE AT  
LOS ANGELES SCHOOL OF GYMNASTICS AT (310) 204-1980**



LOS ANGELES SCHOOL OF GYMNASTICS  
8758 HIGHWAY STREET, FIVE STAR CITY, CA 90032  
WWW.LAGYMNASTICS.COM (310) 204-1986

ONLY  
\$89



## ZOOM CLASSES WITH TOP INSTRUCTORS

AFTER SCHOOL TIMES AVAILABLE  
UNLIMITED CLASSES + ACCESS TO  
ONLY DIGITAL SERIES  
FOR ONLY \$89/MONTH  
REGISTER AT:  
[WWW.LAGYMNASTICS.COM](http://WWW.LAGYMNASTICS.COM)

FREE ZOOM EVALUATIONS  
NOW AVAILABLE





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WWW.LAGYMNASTICS.COM

# **KIDS FULL DAY**

## **E-LEARNING SUPPORT**

### **WHY TEAM LASG?**

WE KNOW KIDS! WE ALSO ARE EXPERTS IN MOVEMENT ACTIVITIES FOR CHILDREN. RESEARCH HAS SHOWN CHILDREN LEARN BETTER IN AN ENVIRONMENT WHERE THEY ARE ABLE TO ENGAGE IN PHYSICAL ACTIVITY AND THERE'S NO BETTER PLACE THEN LA SCHOOL OF GYMNASTICS!

### **WHAT WE OFFER?**

WE OFFER A SAFE & CLEAN LEARNING ENVIRONMENT TO KEEP YOUR CHILD ENGAGED, FLEXIBLE SCHEDULE, DAILY PHYSICAL EDUCATION ACTIVITIES IN SMALL GROUPS, USAG SAFESPORT AND CPR/FIRST AID CERTIFIED COACHES, SPECIAL COVID-19 PRECAUTIONS AND PROTOCOLS AND A NUMBER OF WORK STATIONS AT OUR FACILITY.

**HIGHLY EXPERIENCED  
ACADEMIC SUPPORT STAFF**  
\*HOMEWORK COMPLETION  
AND TEST PREPARATION

**DAILY, WEEKLY AND  
MONTHLY SCHOOL  
SCHEDULE TO BE  
PROVIDED TO ACADEMIC  
STAFF IN ADVANCE**

**DEDICATED  
STUDENT SAFE  
WORK STATIONS**

**CHARTER SCHOOL FUNDED**

**TEEN PROGRAM AVAILABLE  
MONDAY - FRIDAY  
6PM-9PM - \$105/DAY**

**FREE WIFI**  
**JOIN US TODAY**

**AGES 3-12 YEARS OLD**

STUDENTS MUST HAVE PERSONAL HARDWARE (TABLET, COMPUTER, ACCOMPANYING CHARGERS TO COMPLETE SCHOOL WORK

SNACK & HOT LUNCH AVAILABLE FOR PURCHASE

PRIVATE TUTORING, PRIVATE GYM LESSONS AVAILABLE AT ADDITIONAL CHARGE

OPTIONAL IN HOME HOMEWORK COMPLETION AND TUTORING AVAILABLE STARTING AT \*\$99

**AUGUST 31, 2020 - DECEMBER 31, 2020**

**8:30 A.M. - 3:00 P.M. - FULL DAY - \$125**

**8:30 A.M. - 12:30 P.M. - HALF DAY - \$105**



**NEW!!!  
AT HOME  
OUTDOORS  
PRIVATE  
& SMALL  
GROUP  
GYMNASTICS  
LESSONS**

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**CALL TO ENROLL 310.204.1980**  
CALL FOR INFO ON SOCIAL DISTANCING





LA SCHOOL OF GYMNASTICS  
4000 INDEPENDENCE STREET, SUITE 100, VAN NUYS, CA 91411  
WWW.LASCHOOLOFGYMNASTICS.COM

# -HOLIDAY- CLOSURE NOTICE

WE ARE  
CLOSED

December  
25 2020  
+  
January 1st  
2021

IN OBSERVANCE OF  
Christmas Day And  
New Years Day



THE BEST CAMP IN TOWN



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310-204-1980 WWW.LAGYMNASTICS.COM

LIMITED SPACES AVAILABLE

# *Now Enrolling*



**WE ARE NOW OPENING NEW CLASSES FOR OUR GYMNASTS TO TAKE ADVANTAGE OF.**

ON-SITE PRIVATE GYMNASTICS LESSONS  
IN-HOME PRIVATE GYMNASTICS LESSONS  
IN HOME SUMMER CAMP GYMNASTICS  
ZOOM BIRTHDAY PARTIES  
ZOOM PLAY DATES  
BALLET LESSONS

**SOCIAL DISTANCING SAFETY PROTOCOLS STRICTLY ENFORCED**



LOS ANGELES  
SCHOOL OF GYMNASTICS

presents

CALL TO  
REGISTER

310-204-1980

All classes will remain open

# Gymnastics Classes

▼ Tumbling & Trampoline

▼ On-site and Zoom Private Lessons

▼ Girls and Boys Gymnastics

▼ All Levels of Adult Gymnastics Training

▼ Weekly Zoom Child/Adult Classes

▼ Summer Camp  
Rhythmic Gymnastics  
Team Camps

Wow!!

GOOD  
TIMES

[WWW.LAGYMNASTICS.COM](http://WWW.LAGYMNASTICS.COM)

NOW  
ENROLLING!



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8450 HIGUERA STREET, CULVER CITY, CA 90232 310-204-1980  
WWW.LASGYMNASTICS.COM

# **LASG** ***OUTDOOR***

## ***OPEN AIR TRAINING SPACE***

***NOW AVAILABLE AT LASG  
FOR CHILDREN & ADULTS. LIMITED SPACE AVAILABLE***



***WE HAVE A DEDICATED AREA WITH A NEW & LUXURIOUS  
ASTROTURF SURFACE FOR YOUR CHILD'S  
OUTDOOR SAFETY AND FUN!***

***COACHES & STUDENTS MUST WEAR MASKS - SOCIAL DISTANCING REQUIRED***

***JOIN US TODAY BY CALLING (310) 204-1980***





**WE CARE  
YOUR PHYSICAL  
WELL BEING  
IS IMPORTANT TO US**



**DON'T FORGET TO  
PROTECT YOURSELF  
WHEREVER YOU GO!**



**WASH YOUR HANDS  
WEAR YOUR MASK  
CLEAN YOUR SURROUNDINGS  
WE ARE IN THIS TOGETHER**



# COV-19 RE-OPEN WAIVER

## PUBLIC NOTICE:

WHILE WE ARE EXCITED TO RE-OPEN OUR GYM FOR ALL LASG FAMILIES, WE ARE ESPECIALLY AWARE OF THE SERIOUSNESS OF COV-19.

WITH YOUR FAMILY'S PROTECTION IN MIND, IF YOU OR SOMEONE YOU KNOW HAS BEEN EXPOSED TO COV19, PLEASE DO NOT ENTER THE BUILDING. IF YOU HAVE SNEEZING, COUGHING, SORE THROAT OR TEMPERATURE PLEASE DO NOT ENTER THE BUILDING. IF YOU HAVE TRAVELED OUTSIDE OF CALIFORNIA OR THE US, PLEASE CONTACT A STAFF MEMBER OF THE ORGANIZATION BEFORE ENTERING THE BUILDING.

PLEASE BE AWARE, UPON REGISTERING FOR CLASSES, ALL STUDENTS WILL BE REQUIRED TO SIGN A COV-19 WAIVER. PLEASE BE SURE TO ADHERE TO ALL SOCIAL DISTANCING REQUIREMENTS FOR PARENTS AND STUDENTS.

WE LOOK FORWARD TO SEEING YOU SOON.





## LOS ANGELES SCHOOL OF GYMNASTICS RE-OPENING PLAN GUIDELINES

Line Up	Line up outside the facility, floor markers space students and families prior to entering the building
Class Call	Staff Member ushers student and parent into club one at a time. Families are limited to 1 parent per child. We encourage drop off for children ages 6 & up when possible (parent and me/mini tots excluded).
Mandatory Hand Sanitizing	Each student will be prompted to use hand sanitizer prior to class. Regular hand washing will be required during class with anti-bacterial soap. Please use facility soap dispensers (touchless will be installed), hand sanitizer dispensers, and/or air dryers instead of paper towel dispenser
Staff Work Habits	Staff will be required to wash hands before and after every class. Gloves and masks are REQUIRED. No spotting will be administered during an instructional lesson. Coaches are to guide students by verbal commands only. All Staff Members are to agree to adhere to a 24-hour wellness standard. Should they feel fatigued, or obtain a fever, they are required to call out from the shift. Managers are to be notified immediately.
Equipment Standards	Coaches and Safety Staff are required to sanitize all contact surfaces before and after each class. Cleaning stations will be mounted throughout the gym to ensure ample supplies are available. Facility will be cleaned nightly and between classes: EPA registered disinfectant is to be used on hard surfaces. Color-safe bleach spray and steam cleaning will be used on soft surfaces.
Scheduling/Facility Ratio	Gym Managers will be responsible for scheduling classes to accommodate the student to facility ratio. Classes shall be time-spaced appropriately to ensure families can enter and leave the facility without overlap. Managers are to uphold the student to square-footage ratio at all times. No more than 15 people per 1,000 square foot are allowed.
Group Spacing	While attending class, athletes are required to stay at a 6-foot distance from one another at all times. Tape markers will be provided for established distancing.
Water & Food	We ask that shared bottles are not brought to the Center. Left bottles will be disposed daily and will not be stored at premises. Touch-less water fountains will have new weekly filter changes. Food items are not allowed at the gym at this time.
Lost & Found	Lost and found clothing items will be stored for 2 days on the exterior and then donated to the LA county homeless shelter
Exiting	Staff Members will line students up at the exit, using the floor markers for space-distancing. Hand sanitizers will be distributed upon their departure and will exit the building one at a time. We will be sending out more details on our programming and schedules soon.

If you or someone you know has been exposed to COVID, please do not enter the building. If you have sneezing, coughing, sore throat or temperature please do not enter the building. If you have traveled outside of California or the US, please contact a staff member of the organization before entering the building.





# 2020-2021 LASG CALENDAR

Type	Start Date	End Date
Winter Recess Camp	December 21st 2020	January 8th 2021
Christmas Day	December 25th 2020	WE ARE CLOSED
New Year's Day	January 1st 2021	WE ARE CLOSED
Martin Luther King Day Camp	January 18th 2021	WE ARE OPEN
President's Day Camp	February 15th 2021	WE ARE OPEN
LA Lights 2021	TBA	TBA
Spring Recess Camp	March 21nd 2021	April 5th 2021
Memorial Day Camp	May 31st 2021	WE ARE OPEN
Summer Camp	June 14th 2021	TBA

**schedule your free evaluation**  
**call 310 - 204 - 1980**





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4000 WILSHIRE STREET, SUITE 100, LOS ANGELES, CA 90048  
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**MLK**  
**DAY CAMP**

**JAN**  
**18**  
**2021**

**\*BOYS/GIRLS CAMP**  
**\*RHYTHMIC GYMNASTICS**  
**\*ADULT GYMNASTICS**



**THE BEST CAMP IN TOWN**



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## PRESIDENT'S DAY CAMP



**JAN  
27  
2021**

**\*BOYS/GIRLS CAMP  
\*RHYTHMIC GYMNASTICS  
\*ADULT GYMNASTICS**



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SAVE THE DATE  
**SPRING  
RECESS**

MARCH 22, 2021 - APRIL 5, 2021



**REGISTER TODAY**

**310.204.1980**  
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**GIRLS GYMNASTICS  
BOYS GYMNASTICS  
ZOOM CLASSES**

SOCIAL DISTANCING ENFORCED, MASKS REQUIRED FOR PARENTS & COACHES

