

Additional Programs



OPEN GYM: FREE!

Available to academy programs! A supervised practice where the gymnasts have the opportunity to work on skills of their choice. \$2 for non-enrolled students.

BIRTHDAY PARTIES:

A fun filled party for all ages! Packages start at \$135. Stop by the office to learn more!



ACTIVE GYMNASTICS CAMPS:

Seasonal camps filled with gymnastics, running, jumping, crafts, field trips and so much more are offered here at COG.

Stop by the front office for more information!



DISCOUNTS

Sibling discount: \$10 off the 2nd child and \$5 off each additional child.

REFER A FRIEND

Receive \$15 off tuition when you refer a friend. Please see and use our referral form for details.



GYMNASTICS SESSIONS

SESSION 1 TO 5 ARE 8 WEEKS

SUMMER SESSIONS

SESSION A & B ARE 5 WEEKS

SPECIAL EVENTS

FEBRUARY: Pajama Jam

APRIL: Jr. Academy Easter Egg Hunt

MAY: Annual Showcase

JULY: Dodger Night

AUGUST: National Gymnastics Day

OCTOBER: Halloween Sleepover

DECEMBER: Winter Presentation

WHAT TO WEAR

Girls:

Leotard (check our store)

OR

Gym shorts/pants &

A TIGHT T-shirt.

Hair tied back off shoulders

Boys:

Gym shorts or sweat

pants & T-shirt or tank



- * **NO GUM**
- * **NO JEWELRY**
- * **BARE FEET FOR CHILDREN'S SAFETY**

WELCOME!



CHARTER OAK GYMNASTICS

**An Experience
that will last
a lifetime**

841 N. Dodsworth Ave.
Covina CA, 91724
626-966-8775
www.glidersgymnastics.com



► Our Programs!

JR. ACADEMY: (18mos.– 5yrs.)

This program is designed to raise your child's confidence level and encouraging them to go beyond their expectations. Your child will be introduced to beginning gymnastics skills, while incorporating motor development and hand-eye coordination; All to set the foundation for future gymnastics skills!

GIRLS & BOYS ACADEMY

(6 & up)

Our Academy program was developed following the USAG guidelines. We offer two levels within each class, to ensure that your child is always benefiting from every class. We also make sure that your child is growing as a gymnast, and can always ask to be tested if you or your child feels it is time to move to the next level.

TUMBLING CLASSES: (6 & up)

This program is designed to teach tumbling skills using our trampoline, mini-trampoline, foam pit and spring floor. They will also participate in strength, conditioning and flexibility, which is needed to perform the more advanced skills safely. Our coaches will individualize with each child to help them achieve their goals.

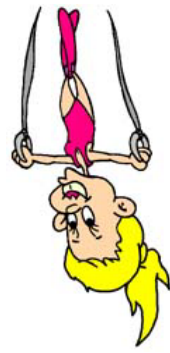
URBAN ACROBATICS (6 & up)

Great for parkour athletes, this program is designed to teach how to move from one point to another as smoothly, efficiently, and quickly as possible using the abilities of the human body in a structured class, and in a safe environment. Students will use agility skills, balance, learn flips and so much more in this program!



TUITION

- If you ever start in the middle of a session, you will be pro-rated.
- A \$35 yearly registration fee is due at the time of your registration.
- During our 8 week sessions a payment plan is available. See office for more details.
- Check, cash, debit, MC/ VISA/AMEX/DISCOVER accepted.
- There are no refunds once a student starts their first class. If personal situations or injuries keep the student from attending more than 50% of the session, a credit can be given.



MAKE-UP CLASSES

- Two missed classes per session can be made-up, they will not be credited or refunded.
- Make-up classes are available by appointment, and must be scheduled through the front desk ahead of time.
- Make-up classes must be completed within the current session.

ENROLLMENT

Priority enrollment for the following session is offered to our enrolled families during the last 2 weeks of the current session. Just be sure to always make a payment as quickly as possible to ensure your child's spot in the class.



THINGS ABOUT CHARTER OAK GYMNASTICS

COG is a United States National Training Center; we train to the highest level of gymnastics and have gymnasts on the National Team. Our head coaches, Steve and Beth Rybacki, are well known in the gymnastics world. Steve is the Vice President of the Elite Coaches Association, member of the U.S.A.G. Board of Directors, an International Elite Committee Chairman, and USA National Team Staff Coach.

Beth Kline-Rybacki was the youngest gymnast to participate in the 1980 Olympics. She was the first American to receive a perfect "10" in A National Competition Floor exercise. She was also a National Team Coach, and was also name Choreographer of the year.



Charter Oak Gymnastics

841 North Dodsworth Ave
Covina CA 91724



Phone: 626-966-8775

Fax: 626-967-8838

www.glidersgymnastics.com