

OMEGA'S TEAM PROGRAMS

OMEGA's competitive team trains *year round* and competes in the USA Gymnastics' Junior Olympic Program. OMEGA's competitive teams focus on sound and safe progressions, personal achievement, and competitive success. OMEGA prides itself on having a strong, well trained, knowledgeable, and passionate staff at the beginning and advanced levels.

OMEGA's Pre-Team program is designed to identify and prepare gymnasts for competing on OMEGA's competitive team. Gymnasts prepare in general fitness, strength, and flexibility as well as skill specific training on the Olympic events.

OMEGA's Xcel program is designed for the female gymnast ages 8-18 that want to compete with fewer hours in the gym. This program has varying skill levels.

XCEL • GIRLS

Bronze - \$252 per month

MW6:00-8:30pm.....Starr

Silver - \$252 per month

MW.....6:00-8:30pmHailey

Gold, Diamond, Platinum - \$252 per month

TTh6:00-8:30pm.....Heather/Hailey

Third Day Option* - \$65 per month

F6:00-8:30pm.....Heather/Hailey

*Must be Registered to attend

ACRO • COED

\$286 per month

TThF3:30-5:30pm.....Rosie

MEMBER FEE & CLASS DISCOUNTS

MULTI-CLASS DISCOUNTS*

Single Student

Families

1 class - full tuition
2+ classes - 25% off
(Recreational Only)

1 student - full tuition
2nd student - 10% off
3+ students - 50% off

*Multiple class discounts will apply to multi-student families if one or more family members are taking 2+ classes. Discount is off the lesser of the tuition amounts.

OLYMPIANS • BOYS

Team A - \$ 422 per month

MTWTh.....4:00 - 8:00pm.....Seth/Mike
Sat.....9:00am-1:00pm.....Seth/Mike

Team B - \$ 402 per month

MTWThF.....5:30 - 8:30pm.....Svetlo

Team C - \$ 336 per month

MTWF.....3:30 - 6:00pm.....Svetlo

Team D - \$320 per month

MWF.....3:30-6:00pm.....Ryan

OLYMPIANS • GIRLS

Optional A - \$429 per month

MTWThF3:00-7:30pm.....Ivan/Tiffany
or W1:30 - 6:00pm

Optional B - \$412 per month

MTTh.4:00 - 8:30pm.....Mackenzi/Andrew
W.....3:00-7:00pm OR 3:30-7:30pm

Level 4-5 - \$405 per month

MF.....4:00 - 8:00pm.....Mackenzi/Andrew
W.....3:00-7:00pm OR 3:30-7:30pm
Sat.....8:30am-12:30pm

Level 4 - \$405 per month

MWF.....4:00-8:00pmVala w/ Zeke/Starr
Sat.....9:00-1:00pm

Level 3 - \$362 per month

Group A

MTTh.....4:00-7:45pm.....Vala w/ Zeke/Starr

Group B

TWF.....4:00-7:45pm.....Vala w/ Zeke/Starr

Spring 2017 Competition Highlights

Team State, Regional, and National Awards

- Ω Level 3 Girls – 2ND Place State
- Ω Level 6 Girls – 2ND Place State
- Ω Level 7 Girls – State Champions
- Ω Level 8 Girls – State Champions
- Ω Level 9 Girls – 3rd Place State
- Ω XCEL Bronze – State Champions
- Ω XCEL Gold – State Champions
- Ω Level 4 Boys – State Champions
- Ω Level 5 Boys - 2nd Place State
- Ω Level 6 Boys – State Champions
- Ω Level 8 Boys – State Champions
- Ω Level 8 Girls - Regional and State Team Qualifiers
- Ω Level 9 Girls – Regional and National Qualifiers
- Ω Level 8-9 Boys – Regional and National Qualifiers and All Americans

Individual State, Regional, and National Awards

- Ω Koko – All-Around State Champion – Level 3
- Ω Emily - All-Around State Champion – Level 3
- Ω Ashley - All-Around State Champion – Level 4
- Ω Anneliese - All-Around State Champion – Level 4
- Ω Maia - All-Around State Champion – Level 6
- Ω Natalie - All-Around State Champion – Level 7
- Ω Ava - All-Around State Champion – Level 7
- Ω Saaya - All-Around State Champion – Level 7
- Ω Vivian - All-Around State Champion – Level 8
- Ω Sydney - All-Around State Champion – Level 8
- Ω Rachel – Region 2 Bars Champion – Level 8
- Ω Mackenzie – Region 2 All-Around, Bars and Floor Champion – Lvl 9
- Ω Lila – Region 2 Floor Champion – Level 9
- Ω Mary – State Beam Champion – Level 10
- Ω Jada - All-Around State Champion – XCEL Bronze
- Ω Olivia - All-Around State Champion – XCEL Gold
- Ω Ladd – All-Around State Champion – Level 4
- Ω Sawyer - All-Around State Champion; Region 2 Pommel Horse, P-Bar, and Vault Champion – Level 4
- Ω Jaxon – AA State Champion; AA Region 2 Champion; Voted Oregon Compulsory Gymnast of the Year for Level 5
- Ω Wyatt A - AA State Champion; Region 2 Rings and High Bar Champion – Level 6
- Ω Constantine - All-Around State Champion – Level 6
- Ω Kyle - All-Around State Champion – Level 8
- Ω Joey – Region 2 Pommel Horse and Rings Champion – Level 8
- Ω Zach M - All-Around State Champion; Region 2 Pommel Horse, Rings, and High Bar Champion – Level 9
- Ω Spencer – AA State Champion; Region 2 Rings Champion – Lvl 10
- Ω James - AA State Champion; Region 2 Pommel Horse Champion – Level 10
- Ω Peyton – Region 2 Pommel Horse and Floor Champion – Level 10

PRE-TEAM PROGRAM

ATHENAS • GIRLS • AGE 5+

Group A

Three Times* a week for \$286 per month

TThF3:45-5:45pm...Hailey and/or Micallea

Group B

Twice* a week for \$211 per month

TTh3:45-5:45pm...Hailey and Micallea

Accelerated class designed for gymnasts with an interest in competition. Class focus is on strength, flexibility, techniques, and skills needed for competition.

**Invitation only and multiple times a week required.*

APOLLOS • BOYS • AGE 5+

Three Times* a week for \$230 per month

MWF3:30-5:00pm.....Gavin

Accelerated class designed for gymnasts with an interest in competition. Class focus is on strength, flexibility, techniques, and skills needed for competition.

**Invitation only and multiple times a week required.*

Check out OMEGA School's
Out Camps!

See Front Desk for details.

Ages
4+

\$10 credit for referring a new member to OMEGA's Recreational Program!

We accept:



Auto-billing and ACH options available.



info@omega-gymnastics.com | 503.466.4872

"Every child is a champion"

THE O.M.E.G.A. VALUES

Inside every child lies a champion. The physical fitness, dedication, work ethic and personal achievement that gymnastics training teaches is beneficial for all children, their families and the community. Simply put, at OMEGA we set children up for success and train champions for life.

THE O.M.E.G.A. MISSION

At OMEGA we promise to provide the following:

- The best gymnastics training in the Northwest designed to meet the needs of each individual gymnast.
- Keeping staff educated on latest training curriculum and techniques, allowing each student to reach their fullest potential.
- An atmosphere focused on family and community with prices that families of aspiring gymnasts can afford.

O.M.E.G.A. LOCATION

From Hwy 26: Take 217 Southbound, exit Allen Blvd (Exit 2B). Turn left on SW Allen Blvd. Left onto SW Arctic DR. Second right onto SW Harvest Court. OMEGA is located at the end of the cul-de-sac on the right.

From I-5 Northbound: Take 217 Northbound, exit Allen Blvd. Turn right onto SW Allen Blvd (Exit 2B). Right onto SW Allen Blvd. Left at SW Arctic Dr. Take the second right onto SW Harvest CT. OMEGA is located at the end of the cul-de-sac on the right.

Competitive Schedule

OMEGA GYMNASTICS

Oregon Metropolitan Elite Gymnastics Academy



September 2017 - August 2018

9700 SW Harvest CT, Ste 180
Beaverton, OR. 97005
Phone: 503.466.4872

info@omega-gymnastics.com
www.omega-gymnastics.com

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08/17/2017



USA Gymnastics Member Club