

# 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** - \$242 per month

MTh .....5:00-7:30pm.....Starr

**Silver** - \$242 per month

TF.....6:00-8:30pm .....Hailey

**Gold, Diamond, Platinum** - \$242 per month

MTh .....6:00-8:30pm.....Heather/Hailey

**Third Day Option\*** - \$65 per month

W.....6:00-8:30pm.....Heather

\*Must be Registered to attend

## MEMBER FEE & CLASS DISCOUNTS

### MULTI-CLASS DISCOUNTS\*

#### Single Student

#### Families

1 class - full tuition	1 student - full tuition
2+ classes - 25% off (Recreational Only)	2 <sup>nd</sup> 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.....9:00am-2:00pm.....Seth/Mike  
Fri.....9:00am-12:00pm.....Seth/Mike

**Team B** - \$ 400 per month

MTWTh.....12:30-4:30pm.....Svetlo  
Fri.....12:30-4:00pm.....Svetlo

**Team C** - \$ 360 per month

MTThF.....9:00-12:00pm.....Svetlo

**Team D** - \$307 per month

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

## OLYMPIANS • GIRLS

**Optional A** - \$448 per month

MTWThF ....8:30-1:30pm.....Ivan/Tiffany

**Optional B** - \$392 per month

MTWTh. ....1:00-5:30pm.....Mackenzi/Andrew

**Level 4-5** - \$386 per month

MTWTh.....8:00-12:00pm.....Mackenzi/Andrew

**Level 4** - \$379 per month

#### Group A

TThF.....10:45-3:15pm.....Vala/Zeke/Starr

#### Group B

MTTh.....10:45-3:15pm.....Vala/Zeke/Starr

**Level 3** - \$331 per month

#### Group A

MWTh.....10:45-2:15pm.....Vala/Zeke/Starr

#### Group B

MWF.....10:45-2:15pm.....Vala/Zeke/Starr

## Spring 2017 Competition Highlights

### Team State, Regional, and National Awards

- Ω Level 3 Girls – 2<sup>ND</sup> Place State
- Ω Level 6 Girls – 2<sup>ND</sup> Place State
- Ω Level 7 Girls – State Champions
- Ω Level 8 Girls – State Champions
- Ω Level 9 Girls – 3<sup>rd</sup> 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 \$276 per month

TWTh .....3:45-5:45pm...Rochelle and Hailey

## Group B

Twice\* a week for \$203 per month

TTh .....3:45-5:45pm...Rochelle and Hailey

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+**

Twice\* a week for \$155 per month

TTh .....3:30-5:00pm.....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



July 2017 - August 2017

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

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USA Gymnastics Member Club