



# Elite Gymnastics Academy Of San Diego

## ELITE GYMNASTICS ACADEMY MISSION STATEMENT

At Elite Gymnastics Academy of San Diego it's our mission to provide high quality gymnastics instruction to students of all ages and abilities in a SAFE, SUPPORTIVE, and FUN environment!

### A Guide to Our Classes

#### Tiny Tots

18 mos to 2 years boys and girls.  
For toddlers & their parents.

#### Little Tots

3 year old boys and girls. Fun for Preschoolers!

#### Mighty Tots

4 year old boys and girls. Fun for Preschoolers!

#### Introductory Classes

Beginning, Intermediate, and Advanced level classes for girls ages 5 and up.

#### Tumbling Classes

Beginning, Intermediate, and Advanced level classes for girls ages 6 and up. Perfect for cheerleaders and dancers!

#### Adult Gymnastics

No experience required. Work on the skills you want at a pace that's comfortable for you!

#### Private Lessons

Get some extra one-on-one attention with those skills that you really want to perfect!

#### Team Gymnastics

Girls Team. USAG Levels 2 through 10 and Xcel Bronze through Diamond. Call or email for more info.

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## Our Philosophy

### *Fun With Purpose*

Child development experts know that acquiring healthy learning attitudes is far more important than mastering specific skills at early ages.

Our classes are carefully designed for exactly what children need most during their formative years. In our classes for young children, gymnastics skills are used as tools to teach learning attitudes, with skill mastery being a secondary goal.

We keep our objectives realistic and our main one here is for our kids to have FUN!! Sometimes we forget how important fun is in a learning environment. Some people feel that learning and fun don't go together. Nothing could be further from the truth.

Many children associate learning with anxiety because they're afraid to fail. For kids with this negative association the fear of possible failure is simply not worth the risk.

Well-adjusted learners, on the other hand, create a life long association between learning and experiencing new things and having fun. We know that children form their attitudes toward learning in the early years. This is why fun is so important. We truly believe that the positive learning attitudes your child acquires at Elite will, in the long run, be as important to their future as their college education.

### More Than Just Sports!

We all agree that gymnastics will develop your child's:

- \* Muscle strength
- \* Flexibility
- \* Agility
- \* Posture
- \* Coordination
- \* Endurance

### Habits For Life!

But it will also develop your child's:

- \* Self Esteem
- \* Self Confidence
- \* Concentration
- \* Focus
- \* Goal Setting & Keeping
- \* Love for Learning

And most important:

***Gymnastics will help your child develop the knowledge that success is an ongoing process and failures are opportunities to try again!***

# **Gymnastics**

## **Tiny Tots**

### **(Free Trial Classes Available)**

Tiny Tots is a class for boys and girls between the ages of 18 months and 3 years. This class is a parent participation class, so come ready to have some fun with the kids!

Treat you and your child to a weekly bonding experience! In the Tiny Tots class you will assist your child in the fantastic adventure of discovering what their body's abilities are. They will explore their balance and coordination while building concentration and self awareness. Is this great or what!?

In this high energy adventure, your child bounces, rolls, stretches, explores, tumbles, and generally has a great time while employing listening skills and body awareness activities. Our coaches use shapes, colors, blocks, numbers, hands, feet, and whatever it takes to make the Tiny Tots class a fantastic experience for both you and your child.

## **Little Tots & Mighty Tots**

### **(Free Trial Classes Available)**

Little Tots is a class for boys and girls ages of 3 years old and Mighty Tots is for boys and girls who are 4 years old. Classes are 45 minutes and students can attend up to three times per week.

Our coaches stretch little minds as well as little bodies. Classes are always high energy - just like our kids!

The students experience a kaleidoscope of bouncing, rolling, stretching, strength building, and body awareness activities. All the while, they're developing their listening and concentration skills and discovering the most important concept we teach here: that **learning is fun!**

We enhance these activities with colorful shapes and other fun stuff to create a positive learning experience. You'll instill lifetime physical fitness habits and a love for learning.

The atmosphere here is always relaxed, fun and supportive with coaches eager to give praise and positive rewards like stickers, stamps, and smiles!

## **Beginner Gymnastics**

### **(Free Trial Classes Available)**

Our Beginner class is for girls who are either beginners ages of 5 and up or students who may have progressed up from our Mighty Tots Class. Beginner Class students can choose to come to this class either once, twice, or three times a week.

The Beginner class is a high energy class designed to excite, motivate and stimulate kids who have lots of extra energy to burn. Each of the gymnastics events introduces a different world of challenges for a child's mind and body. Beginner classes help build strength and power on floor, balance on the beam, depth perception and speed on vault, and coordination from the perpetual motion they'll experience on bars. Also included is lots of time on our TumbITrak, a huge trampoline that provides all the benefits of tumbling with less wear and tear on joints. Even our coaches take a turn on TumbITrak for fun, so your kids will love it!

The gymnasts in this class are evaluated every other month for 2 weeks. All of this is done in a fun and supportive atmosphere with coaches who smile, reward and encourage with stickers, shout outs and big high-fives!

## **Intermediate Gymnastics**

### **(Free Trial Classes Available)**

The Intermediate class is for students who have progressed from the Beginner Gymnastics class or have been evaluated by one of our head coaches and recommended to this class. Students can choose to come to this class either once or twice a week.

The gymnasts in this class are evaluated every other month for 2 weeks. Students that demonstrate a proficiency in the required skills will be invited to join our Advanced Gymnastics class.

All of our classes are designed to be fun and our coaches are trained to encourage young minds and bodies.

## **Advanced Gymnastics**

### **(Free Trial Classes Available)**

The Advanced Gymnastics class is for students who have either progressed up from the Intermediate Gymnastics class or

have been evaluated by one of our head coaches and recommended to this class.

Emphasis is placed on strength, flexibility, and learning basic skills and body positions. The gymnasts in this class are evaluated every other month for 2 weeks. Students demonstrating a proficiency of the required skills will be asked to join the Level 2 Team.

## **STARS**

STARS: Self-confidence, Teamwork, Athleticism, Respect, Strength

These are specialized programs for talented girls, based on an invitation only policy, and gymnasts must try out to be invited to join. These children will be given the opportunity to come in for more time to help them develop increased flexibility, strength, endurance and discipline.

The focus of the STARS classes will be on the skills required for the competitive level routines with an emphasis on strength and flexibility. Students in these classes will be required to display excellent performance in strength and flexibility and have a unique talent and drive for the sport of gymnastics. We will challenge each child to reach their potential but will always keep in mind their needs and the building of their self-confidence.

These groups will be moving through the levels quicker than the average gymnast, so students should prepare for hard work, but also lots of fun!!

## **Competitive Team**

The competitive program at Elite follows the guidelines established by USAG. Admission into the team levels is either by progression up from the introductory classes or by evaluation by a head coach.

At Elite we feel that the most important thing that any gymnast can take away from the sport is a love of gymnastics. We have a staff of coaches that is not only knowledgeable, but fun and caring. Although there is always an attention to detail and improvement with our gymnasts, classes are always taught in a SAFE, SUPPORTIVE, and FUN environment.

## High School Gymnastics

The High School Gymnastics classes at Elite are for the beginning gymnast up through advanced.

We've got everything you'll need to succeed in high school gymnastics. Use the 50 foot in-ground tumble trak to work on your tumbling either into the loose foam pit, or onto the resi-mat. Work on your bars over the pit and then train dismounts into the pit or onto the resi. Vault into the loose foam pit or onto the competition landing mats.

Give yourself that competitive edge and sign up for High School Gymnastics classes today!

## Tumbling

### Beginning Tumbling (Trial Class Available)

No gymnastics experience necessary! Want to get your back handspring, but don't have tumbling experience? This is the class for you!

In addition to learning the foundational skills necessary to get your back handspring, you'll also learn cartwheels, round-offs and bridge kick-overs. To assist in training, the coaches include the use of different mats, wedges, rollers, and our TumbTrak.

### Intermediate Tumbling (Trial Class Available)

Have your kick-over but not your back handspring? If you've taken Beginning Tumbling, have some tumbling experience, or have been recommended by one of our coaches, this class will have you tumbling across the floor in no time.

Intermediate tumblers work toward getting standing back handsprings, round-offs, round off back handsprings, front handsprings and front limbers.

### Advanced Tumbling (Trial Class Available)

Having your round-off back handspring without a spot on the floor is the requirement for admission to this class. The focus of this class is on correct form, safety and technique in both front and back tumbling.

You'll perfect your round-offs, multiple back handsprings, aerials, layouts, tucks and front tumbling.

## Open Gym

Come in and work on the things that you want to work on...when you want to work on them.

Whether you're a younger gymnast that wants to have some fun with extra time in the gym, a competitive gymnast working on that new skill, or an adult that just wants to keep in shape, Open Gym is the class for you.

We always have a coach on duty just for Open Gym so there is someone there to offer corrections and spotting if needed.

## Private Lessons

Nothing can compare to getting that important one-on-one time with a coach. From beginning to advanced, our coaches can teach it all.

The cost and times for private lessons are set by the individual coaches. Please call for more information.

## Special Events

### Birthday Parties!

Let us help you plan the perfect gymnastics birthday party.

We emphasize fun and fitness. At our birthday parties, kids get to jump on our TumbTrak, experience the bounce of a spring floor, swing on bars, and play games all under the supervision of a gym coach who's got stickers and stamps and all sorts of fun to hand out.

We provide the fun, you provide the cake, kids, and camera! We take care of the rest.

Call (619) 441-5900 for more information and to book your party.

### Parents' Nite Out!

We open our gym once a month on a Saturday night and invite kids to come on in and have a great time for a few hours. That leaves you free to go to a movie, eat out, or just relax knowing your child is having a blast in 19,400 square feet of fun!

Our foam pits, TumbTrak, a 50 foot long trampoline, our spring floor, our regular trampoline, balance beams, bars to swing on, and games to play are guaranteed to keep your child active and happy.

Parent's Nite Out events are fully supervised by our trained and accredited gym staff. We also serve the pizza and snacks so you

don't have to make dinner! It just doesn't get any better than that!

## Spring/Summer Camp

Elite offers several weeks of Spring & Summer camps each year. Check our website often for the most up to date information on when camps will be offered.



**Elite Gymnastics Academy**

**NEW SIGN UP!**  
**\$10 off**  
with this coupon

**100% Fun**  
with great exercise

**FREE TRIAL**  
call to set up today!!!!

**ELITE**  
More Than Just Sports!  
Habits For Life!  
1817 John Towers Avenue, El Cajon, CA 92020  
[www.EliteGymnastics.com](http://www.EliteGymnastics.com)



## Elite Gymnastics Academy of San Diego Class Schedule and Fees

Class	Monday	Tuesday	Wednesday	Thursday	Saturday	Monthly Cost
Tiny Tots	10:00-10:45 am	10:00-10:45 am			8:15-9:00 am 9:15-10:00 am	\$91 (1 day/wk) \$163 (days/wk) \$217 (3 days/wk)
Little Tots	9:00-9:45 am 4:30-5:15 pm	11:00-11:45 am 3:00-3:45 pm 4:00-4:45 pm 5:00-5:45 pm 5:45-6:30 pm 6:45-7:30 pm	4:30-5:15 pm	11:00-11:45 am 3:00-3:45 pm 4:00-4:45 pm 5:00-5:45 pm 5:45-6:30 pm 6:45-7:30 pm	8:15-9:00 am 9:15-10:00 am 10:15-11:00 am 11:00-11:45 am	\$91(1 day/wk) \$163 (2 days/wk) \$217(3 days/wk)
Mighty Tots	11:00-11:45 am 5:15-6:00 pm	9:00-9:45 am 3:00-3:45 pm 4:00-4:45 pm 5:00-5:45 pm 5:45-6:30 pm 6:45-7:30 pm	5:15-6:00 pm	10:00-10:45 am 3:00-3:45 pm 4:00-4:45 pm 5:00-5:45 pm 5:45-6:30 pm 6:45-7:30 pm	8:15-9:00 am 9:15-10:00 am 10:15-11:00 am 11:00-11:45 am	\$91 (1 day/wk) \$163 (2 days/wk) \$217 (3 days/wk)
Girls Beginner	4:30-5:25 pm 5:30-6:25 pm 6:00-6:55 pm 6:30-7:25 pm	3:00-3:55 pm 3:30-4:25 pm 4:00-4:55 pm 4:30-5:25 pm 5:00-5:55 pm 5:30-6:25 pm 6:00-6:55 pm 6:30-7:25 pm 7:00-7:55 pm	4:30-5:25 pm 5:30-6:25 pm 6:00-6:55 pm 6:30-7:25 pm	3:00-3:55 pm 3:30-4:25 pm 4:00-4:55 pm 4:30-5:25 pm 5:00-5:55 pm 5:30-6:25 pm 6:00-6:55 pm 6:30-7:25 pm 7:00-7:55 pm	8:00-8:55 am 8:30-9:25 am 9:00-9:55 am 9:30-10:25 am 10:00-10:55 am 10:30-11:25 am 11:00-11:55 am 11:30 am-12:25 pm	\$101 (1 day/wk) \$181 (2 days/wk) \$242 (3 days/wk) \$282 (4 days/wk) \$303 (5 days/wk)
Girls Intermediate	6:00-6:55 pm	3:00-3:55 pm 3:30-4:25 pm 4:00-4:55 pm 4:30-5:25 pm 5:00-5:55 pm 5:30-6:25 pm 6:00-6:55 pm 6:30-7:25 pm 7:00-7:55 pm	6:00-6:55 pm	3:00-3:55 pm 3:30-4:25 pm 4:00-4:55 pm 4:30-5:25 pm 5:00-5:55 pm 5:30-6:25 pm 6:00-6:55 pm 6:30-7:25 pm 7:00-7:55 pm	8:00-8:55 am 8:30-9:25 am 9:00-9:55 am 9:30-10:25 am 10:00-10:55 am 10:30-11:25 am 11:00-11:55 am 11:30 am-12:25 pm	\$114 (1 day/wk) \$205 (2 days/wk) \$274 (3 days/wk)
Girls Advanced	4:30-6:00 pm	4:00-5:30 pm 4:30-6:00 pm 5:30-7:00 pm 6:00-7:30 pm	4:30-6:00 pm	4:00-5:30 pm 4:30-6:00 pm 5:30-7:00 pm 6:00-7:30 pm	8:30-10:00 am 10:00-11:30 am	\$225 (2 days/wk)
High School Gym (Seasonal)		7:00-8:30 pm		7:00-8:30 pm		\$100 (1 day/wk) \$179 (2 days/wk)
Tumbling	7:30-8:30 pm Beg & Int	7:30-8:30 pm Advanced	7:30-8:30 pm Beg & Int	7:30-8:30 pm Advanced	10:00-11:00 am Beg 11:00-12:00 pm Int	\$112 (1 day/wk) \$202 (2 days/wk) \$269 (3 days/wk)