

Gymnastics Olympica USA

HomeSchool P.E.

Gymnastics Olympica Homeschool Program provides physical education for skills that can be used in the gymnastics forum. These skills will later enhance the abilities of students to achieve most athletic goals at an accelerated rate. Homeschool classes are one hour long and include a warm-up and stretching period followed by various activities such as obstacle courses, rope climbs, beam work, bars, tumbling skills, conditioning, and trampolining! Activities utilizing manipulative (balls, bean bags, etc.) will help to improve hand-eye coordination and gross motor skills. Classes will also teach focus, cooperation, and listening skills.

****Homeschool BONUS!...**for your scheduling convenience, this fall, we will be offering Kindergym classes for children ages 3-5 yrs at the same times of our Homeschool Classes...schedules to be announced at the OPEN HOUSE!

Your family and friends are invited to our 2010

Home School Class:

Wednesday 10:00-11:00am

NEW CLASSES CAN BE FORMED WITH GROUPS OF 4 OR MORE!

*** Check out our 22,000 sq. ft. facility!**

*** We are offering a FREE TRIAL CLASS
for all Home School Students!**

Please call TODAY to reserve your child's FREE CLASS!

Gymnastics Olympica USA

7735 Haskell Ave. Van Nuys, CA 91406

Phone: (818) 785-1537

Check out our website: www.gousa.org