

WHY BURLINGTON GYMNASTICS CLUB?

BURLINGTON GYMNASTICS CLUB WAS STARTED IN 1967 AND HAS BEEN A STRONG AND GROWING CLUB FOR OVER 45 YEARS. WE OFFER PROGRAMS TO BURLINGTON'S CHILDREN RANGING IN AGE FROM 12 MOS. TO TEEN AND EVEN ADULT CLASSES. WE OFFER INSTRUCTION IN BOTH ARTISTIC AND RHYTHMIC GYMNASTICS. OUR CLUB REGISTRATION RANKS WITH SOME OF THE LARGEST GYM CLUBS IN CANADA.

OUR COMPETITIVE PROGRAM HAS EXPERIENCED UNPARALLELED SUCCESS IN THE PAST AND CONTINUES TO PROVIDE EXCELLENT INSTRUCTION FOR GIRLS COMPETING IN GYMNASTICS AT ALL LEVELS. WE BOAST ONE OF THE LARGEST AND MOST SUCCESSFUL PROVINCIAL PROGRAMS IN ONTARIO. WE ARE HOME TO BOTH PROVINCIAL AND NATIONAL CHAMPIONS IN RHYTHMIC AND ARTISTIC GYMNASTICS. WE HAVE HAD ATHLETES TRAIN WITHIN OUR PROGRAM AND GO ON TO RECEIVE NCAA SCHOLARSHIPS.

OUR ATHLETES BELONG TO A LARGE FAMILY OF GIRLS WHO ARE SUPPORTIVE AND NURTURING. OUR COACHES PROVIDE AN ENVIRONMENT FOR THE GIRLS TO ACHIEVE THEIR HIGHEST GOALS AND EVEN FLY HIGHER THAN THEY EVER THOUGHT POSSIBLE. WE ARE HOME TO MANY PROVINCIAL AND NATIONAL COACHES WHO HAVE RECEIVED NUMEROUS HONOURS THROUGH THE ONTARIO GYMNASTICS FEDERATION. ALL OF OUR STAFF ARE EDUCATED THROUGH THE NATIONAL COACHING CERTIFICATION PROGRAM AS WELL AS HAVING CURRENT FIRST AID AND RISK MANAGEMENT TRAINING.

***GYMNASTICS HELPS GIRLS DEVELOP THE FOLLOWING PHYSICAL QUALITIES:**

**STRENGTH
FLEXIBILITY
CO-ORDINATION
ENDURANCE**

GYMNASTICS OFFERS GIRLS THE BEGINNINGS OF PHYSICAL FITNESS NECESSARY FOR ALL SPORTS. THEY GET AN OPPORTUNITY TO WORK ON AND DEVELOP THEIR CO-ORDINATION WHILE GAINING STRENGTH AND EXPERIENCING ALL OF THE BENEFITS OF PHYSICAL FITNESS UNPARALLELED IN ANY OTHER SPORT. THE COMBINATION OF CONDITIONING, FLEXIBILITY AND STRENGTH TRAINING IS THE PERFECT BALANCE FOR GIRLS LOOKING FOR A FUN WAY TO MAINTAIN FITNESS.

***GYMNASTICS HELPS GIRLS DEVELOP THE FOLLOWING MENTAL QUALITIES:**

**CONFIDENCE
INDEPENDENCE
DETERMINATION
GOAL-SETTING**

WITHIN THE FUN AND ENERGETIC GYM ENVIRONMENT GIRLS ARE ENCOURAGED TO CHALLENGE THEMSELVES CONSTANTLY, REACHING NEW HEIGHTS AND SETTING ACHIEVABLE GOALS. WE FIND THE GIRLS TAKE THE DISCIPLINE THEY HAVE LEARNED IN THE GYM AND CARRY IT WITH THEM ALL OF THEIR LIVES. YOU WILL FIND YOUR DAUGHTER'S TIME MANAGEMENT SKILLS, SELF ESTEEM AND CONFIDENCE WILL FLOURISH ONCE THEY ARE INVOLVED IN GYMNASTICS.