

Where kids get  
a jump on life!



### LEVEL 4, 5, & 6

Entry, or compulsory, levels for girl's competitive gymnastics. At this level each gymnast performs similar basic routines. The routines are designed to be progressive and provide a solid foundation for the optional levels. Our compulsory gymnasts typically train from 4 to 12 hours a week.



### LEVEL 7, 8, 9, & 10

These optional levels of competitive gymnastics require gymnasts to perform routines tailored specifically for them. Gymnastics training for Metro's optional team requires from 16 to 20 hours a week.



## Girls Team Gymnastics

Metro's Girls Team Gymnastics is a competitive program offering an ideal opportunity for your young gymnast to take her gymnastics skills to the next level.

Girls Team Gymnastics provides a great opportunity for your child to express herself utilizing the concentration, confidence, creativity, self-discipline, strength, coordination, awareness, flexibility, balance, and agility she has acquired throughout her gymnastics training.



While natural ability is important, your child's desire to be involved in gymnastics and her willingness to put forth 100% effort to compete and achieve her goals will be the key to her success on the Girls Team. When participating in the Girls Team program, your daughter will also learn life skills that go well beyond the sport, as we stress dedication and a strong work ethic, teamwork, communication, self confidence, time management and self discipline.

Selected through try outs, team members compete at local, state, regional and national levels and follows the USA Gymnastics Jr. Olympic Program. The gymnasts range in age from 6 to 18 and compete based on their individual skill level. The Girls Team requires additional training time and the participation of parents to in the Parents Booster Club, which helps to "boost" and support the competitive programs. Metro's goal is for every competing gymnast to reach their individual potential no matter what skill level they attain.

**Call Metro Gymnastics today at 503-620-8939  
for a current class schedule and to register  
your child for the upcoming sessions!**



Metro Gymnastics is recognized as a Gold Medal Children's Activity Center by the prestigious Character Counts ([www.charactercounts.org](http://www.charactercounts.org))!

Metro Gymnastics Center  
18084 SW Lower Boones Ferry Road  
Tigard, Oregon 97224  
503.620.8939  
[www.metrogymnastics.com](http://www.metrogymnastics.com)

**Hours**  
M-F 9am-9pm  
Sat 9am-12pm