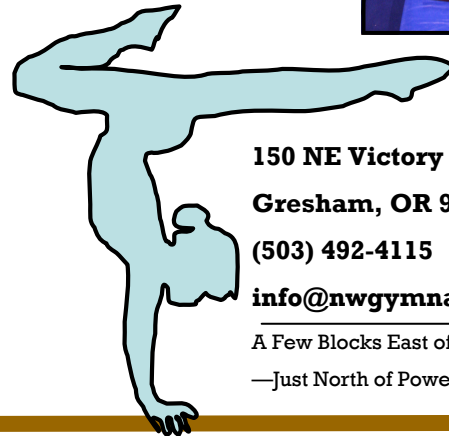
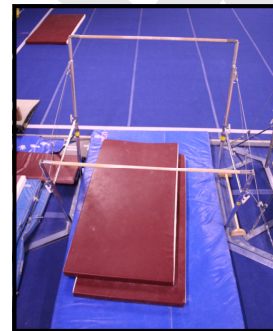


# NGTC Offers Fun ...for Everyone



**27 State Champions Since 2009!**

**We're Proud...but we aren't done.**



**150 NE Victory #B  
Gresham, OR 97030**

**(503) 492-4115**

**[info@nwgymnasticstc.com](mailto:info@nwgymnasticstc.com)**

A Few Blocks East of Downtown Gresham  
—Just North of Powell.



**Serious Training...  
Serious Fun**



**NORTHWEST GYMNASTICS  
TRAINING CENTER**

**Habits...  
for a  
Lifetime**

Competitive Team for Girls & Boys  
- Pre-Team through Optionals

Recreational Classes for Girls & Boys

Pre-School Classes

Birthday Parties (Geared for 3-14 years)

Special Events (Rent the entire gym!)


Pre-Team Training

Field Trips (Learn/Play on equipment)

Tumbling

Summer Camps (Gymnastics & Dance)

Parents Night Out (Open Gym)



## The girls perform at a TrailBlazers Game



Our goals for every child that we have the privilege to work with is that he/she begins to learn the importance of not only proper technique on the gym floor, but:

- Etiquette toward the coaches and fellow classmates,
- Respect for coaches and fellow classmates,
- Learning to be a positive teammate,
- Self-discipline,
- Self-control,
- Goal setting (even the very small goals),
- Goal evaluation (self progress-report),
- Learning what to do with anger, disappointment and resentment,
- Overcoming negative self-talk,
- Begin to teach how what we really are what we eat,
- Proper stretching techniques for life,
- Some good conditioning skills for life,



NGTC is proud of the traditions we've created in just a few years in business. Each year, NGTC trains young girls and boys of all ages and creates champions at the State's highest levels. All totaled, more than 20 State Championships have been won by our athletes!

However, what really makes the difference is our coaching staff. Every class is led by a trained, certified and experienced professional. Each coach follows the overall "game-plan" that the team of coaches lay out as built by the USAG, gymnastics governing body. This way kids at each level are progressing toward higher skills, greater strength and flexibility and better mental concentration and focus. However, coaches are free to use their own strengths to teach the finer points....this keeps it fresh for the students and allows each persons "genius" to shine through.

Our smaller class sizes (even at team-level) creates a more enjoyable experience for your child, and a more productive one for our coaches. For pre-school, our teacher/student ratio is 1:6, and school-aged classes are 1:8.

We also believe our students are best matched by level (skills), not age. We truly believe that we can learn from everyone we come in contact with. Your child will thrive by having younger, as well as older students in the same class (the age difference is typically only a year or two.)

We encourage you to stop-in and experience the NGTC difference for yourself.

Like us at

facebook

NorthwestGymnastics TrainingCenter

NGTC is a fully equipped gymnastics gym. A full-Member of USA-Gymnastics (USAG), here is some of what makes NGTC Special.

- 3-Sets of Competition Bars
- Strap-Bar (For Very Advanced Skills)
- 3 Full-Sets of Recreational Bars
- 6 High-Beams / Plus Mid-Height Beams
- 3 Full-Length Floor-Beams
- Vault Table & Runway with Landing Area
- 50' Tumble Trak (trampoline)
- Pommel Horse
- Boys Rings / Parallel Bars
- 3 Climbing Ropes
- 2 Spring Floors
- 2 Stahl Bars
- Lots of New Mats and Training Aides
- Much, Much More!
- Complete Team Room with Lockers
- Security Cameras throughout
- Coming Spring 2013: Foam PIT
- Coming 2013: Hotbed Trampoline
- Ever Expanding Pro-Shop
- Snack Bar with Healthy Choices
- Parent viewing areas.
- Free Wi-Fi for Parents/ Visitors



Healthy Habits...  
For a Lifetime