

WHY THIS PROGRAM?



Why Gymnastics?

In 2005 Gymnastics was named as one of the core activities that every child should participate in by the Canadian Sports Centres. Why? Because gymnastics teaches the ABC's of athleticism: Agility, Balance and Coordination. It also:

- ❖ Brighten healthy minds and bodies for an active lifestyle at any age
- ❖ Develops strength and trains the body for life's challenges
- ❖ Improves agility and coordination, allowing the body to move quickly
- ❖ Teaches posture and positive body image
- ❖ Challenges the body and mind to set and reach goals
- ❖ Prepares the body and mind for other sport endeavors

Gymnastics is the ideal sport to teach skills for life including focus, self discipline and determination – skills that are not attributes to self-esteem, mental and physical development.

Why the Ottawa Gymnastics Centre?

The Ottawa Gymnastics Centre, located in the community of Westboro, is a not for profit organization that was established in 1960 and has been servicing the community for almost 50 years. We offer daytime, evening and weekend programs for children aged 8 months to adult. We currently have a yearly membership of over 3,000 with approximately 700 per session between the ages of 8 months and 6 years.

Our mission is to inspire enthusiasm for and lifelong involvement in gymnastics by providing positive and diverse programming. Our motto **"We Teach Children, Not Skills"** is inherent in all of our programming. We strive to provide an environment, facility and coaching that will allow all participants to achieve their best. We are a registered HighFive organization and believe strongly in the principles of healthy child development.

Over the past 50 years the OGC has produced many provincial and national champions and in 2004 was proud to have 2 athletes and 2 coaches on the Women's Artistic Olympic team in Athens Greece.

Our Staff

The OGC operations are led by a professional staff who works in cooperation with a Board of Directors responsible for establishing high level policies. Each member of our coaching staff has successfully achieved the provincial standards required through the National Coaching Certification program. Our staff have over 250 years of experiencing coaching in both recreation and competitive programs. We teach fun, fitness and fundamentals.