



OREGON GYMNASTICS ACADEMY
FREQUENTLY ASKED QUESTIONS

Q: How do you train your instructors?

A: OGA prides itself on offering one of the most comprehensive and high quality gymnastics educations in the state of Oregon. All new instructors undergo a rigorous, in-depth training process that includes observation of OGA classes, spotting training, a review of proper gymnastics technique, child development and behavior management information, and practice leading classes with an experienced coach present. All classes at OGA are taught by background-screened, CPR and First Aid certified instructors, who are subjected to rigorous on-going training and re-certification of background checks while employed with us.

Q: How does my child progress through OGA's class levels?

A: Progression through OGA's preschool classes is based on age as well as the individual student's skills. Progression through our recreational classes is based solely on the student's skills. Each of our class levels are assigned a specific set of skills that students work on throughout the class and are required to master before moving onto the next level. Your child's coach will track these skills as they progress, and will present your student with a congratulatory "Move Up Certificate" when your child is ready to advance to the next level.

Q: How long does it typically take for a student to move to the next level of classes?

A: Gymnastics is a wonderfully unique sport in a lot of ways. One of those ways is that it requires regular, dedicated practice to master even the most basic skills. This means that each student learns and progresses at their own rate, based on their abilities, class attendance, and effort put into the sport. Because of this, it is not possible to give a concrete time frame on when your child will move to the next level. Some students remain in a level for a couple of months, while it takes others a year or more to master the skills. At OGA, we are committed to teaching skills safely and correctly, so instructors do not move children up until they are completely ready in order to ensure safe gymnastics and to set each athlete up for success.

Q: How do I know where my child is skill-wise within their class?

A: Coaches are available after class each week to discuss your child's ongoing progress in class. If you have a more in-depth question, or are unable to meet with your child's coach, you are welcome to contact our Recreational Program Assistant Manager at Chelsea.Booher@ogagym.org. Additionally, formal progress reports are given out to all students every four months. These will give you a great indication of what your child still needs to work on in order to advance to the next level.

Q: My child really seems to enjoy the sport, can we come twice a week?

A: Definitely! We offer a deeply discounted two day a week option for classes. Check in with the front desk for more details.