

*The Best Kept Secret in Owego...*

**Owego Gymnastics and Activity Center** (OGAC) offers classes in gymnastics, cheerleading, field trips for community groups, after school programs, parties, school P.E. classes, summer & school days off camps and “Kids Night Out”.

The youth programs at OGAC include classes for toddlers and preschoolers helping to build coordination, small and large motor skills, listening and following directions skills, strength, respect for themselves, adults and other children and most important self-confidence. The Center also holds classes both recreationally and competitively for school age children continuing to build on the developmental building blocks, which are started in the preschool and toddler classes.

Owego Gymnastics and Activity Center believes that physical activity is important for the well being of all individuals. Through the years we have extended our services by including programs other than gymnastics to include adults as well as children so that we may serve more of the members of our community. As we expand our in-house programs to adults and those with special needs, we know that we can continue to make a difference in the lives of those that are touched by our organization.

**HELP US FULFILL OUR DREAM OF A HEALTHIER COMMUNITY!**



*Off-site Programs...*

### **Our outreach programs include**

- ◆ After School Programs at community centers and schools (Spencer Van Etten Community Center, Linnaeus W. West Primary School and Ann G. McGuinness School)
- ◆ Physical Education programs for area schools (Zion Lutheran School)
- ◆ Activities with Girl Scouts and other youth organizations
- ◆ Working with Head Start and the children at Franziska Racker Center
- ◆ Skill clinics and classes for area cheerleaders.

These programs along with our “In-house” programs help us reach over 600 youth in our community each year. We are excited that we will be able to improve and increase these programs as we expand our facility.

Our programs promote social and physical development within a positive learning environment, thus encouraging personal growth, leadership skills and self-confidence to all of those we reach.



**478 State Route 38  
Phone/Fax: (607) 687-2458  
Email [OwegoGymnastics@stny.rr.com](mailto:OwegoGymnastics@stny.rr.com)  
Web [OwegoGymnastics.com](http://OwegoGymnastics.com)**

*Owego Gymnastics  
and Activity Center*

*continuing the tradition of...  
Owego Scamps Gymnastics Club*



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## Our Instructional Staff...

Owego Gymnastics and Athletic Club is proud of our excellent instructors.

### *Executive Director*

*Jana Boland Bowen*

### *Program Coordinator*

*Sara Conden-Young*

### *Facility Coordinator*

*Adam Young*

### *Recreational Coordinator*

*Annie Kwiatkowski Mott*

- All of our instructors are CPR/First Aid Certified.
- Instructors are USAG Safety Certified according to USAG rules and regulations.
- Instruction of students according to ability and age.
- Continually updating the skills and technical expertise of our staff.
- Highly qualified instructors in both our Recreational and Team Programs.
- Upbeat, enthusiastic, friendly, motivating and fun instruction.
- Promoting self-confidence in a fun, safe atmosphere is our first priority.



## What We Offer...

### Classes for everyone:

#### Recreational

**LIONS:** A half hour class where the parent helps the child in the gym with the guidance of our coaches on our smaller preschool equipment. Ages 1 to 3 and walking.

**TIGERS:** Works on coordination, muscular development, attention span, following directions and interaction with other children. Learning the basics of gymnastics. Ages 3 & 4 and potty trained.

**BEARS:** A class which teaches not only the fundamentals of gymnastics, but also targets coordination, attention span and listening skills. Ages 5 & 6.

**DIAMONDS/ADVANCED DIAMONDS:** Utilizes all pieces of gymnastics equipment, as well as dance and related gymnastics activities including trampoline, mini-tramp, ropes, etc. For children age 7 or older.

**HOME SCHOOL:** A class organized to serve the many home schooling families in the area. This class helps with the physical education criteria in their curriculum. Ages 5 and older.

**TUMBLING/CHEERLEADING:** A class designed with cheerleaders in mind or those who love to tumble. This class uses trampoline, mini-tramp and the floor to help with tumbling skills. Ages 7 and up.

**RECREATIONAL TEAM:** One and a half hours twice a week, these gymnasts expand their skills and do in house competitions.

**FIELD TRIPS:** At our facility or yours, special classes in movement, gymnastics, conditioning or coordination. Used by Growing Years, Head Start and Franziska Racker Center.

**AFTER SCHOOL PROGRAMS:** Our instructors conducting after school programs at area schools and Community Centers.

**SCHOOL P.E. CLASSES:** Our Instructors conducting Physical Education classes at local schools for their Physical Education requirements.

#### S.T.A.R.S. Program

**TWINKLING, RISING, SHINING & SHOOTING S.T.A.R.S.** The Center offers several classes for those children who show an ability in a given area. These classes are invitational and challenge students to expand and improve their skills.

#### Competitive Program

**GIRLS COMPETITIVE GYMNASTICS TEAM** Girls from ages 6-18 who have shown an aptitude and love for the sport of gymnastics and wish to take their skills to a higher level and compete with others in the State, Region, and Nation.

## The April 2005 & June 2006 Flood Recovery...



The floor that was atop of scaffolding is floating in the water, along with the vault runway. The beams, tumble trak, vault table and other valuable equipment is underwater as we were unable to rescue all of our equipment from the rapidly rising waters.

Owego Gymnastics and Activity Center worked hard to recover from the April 2005 flood in which we lost over \$70,000 worth of equipment. A huge thank-you to the Hyde Charitable Trust grant which enable us to purchase a new floor, vault table and beam.



OGAC was hit by the June 2006 flood that devastated the Southern Tier area. Unfortunately, this time the County Office's basement (gym) and 1st floor (our offices), where we were located received so much damage that it is closed for the foreseeable future. The Center was forced to temporarily relocate while we build our new facility.

Owego Gymnastics has temporarily relocated to the "Old Apalachin/ Owego Middle School" in Owego. We have all of our Programs up and running and we believe a sponsorship banner is a great way for local businesses to help us while getting great advertising for their company. Join the OGAC Sponsors!!

