



Homenetmen Glendale "Ararat" Chapter Rhythmic Gymnastics



Our **Vision** is to serve our community at large and our youth in particular by providing a safe environment and fun programs that enrich our members' lives and help them become better citizens of our community.

Our **Mission** is to develop and deliver **Quality Programs**, promote a **Family Environment**, encourage **Good Sportsmanship** through **Positive Coaching** and build a **Strong Sense of Volunteerism**. The mission is accomplished by providing these essential services: Athletic Activities, Social Activities, Coaching Programs, Quality Administrative and Operating Systems, Special Network for Volunteers, Quality Fields and Gyms.



The **Rhythmic Gymnastics** program engages five apparatuses. Rope, Hoop, Ball, Clubs & Ribbon; with each apparatus the gymnast is capable of developing a high degree of hand-eye coordination & control.

The sport cultivates posture, agility, balance & body awareness, all the while incorporating dance movements to the rhythm of music. These elements will help kids master any sport that they may pursue later in life.

The Ararat Rhythmic Gymnastics program has a long history in training young children in a safe, resourceful and encouraging environment.

Every athlete learns discipline, commitment, health and fitness through this great program.

Objective

Our objective is to ensure that all our members have a positive and enjoyable introduction to the sport of Rhythmic Gymnastics.

The program provides a wide variety of physical activities that enhances childrens' ability to develop the necessary skills to become better athletes, in both a recreational or competitive environment.

Practices

Our program offers practice sessions two to three times a week based on the age and skills of the individual gymnast.

Practice days are assigned by the head coach after evaluation. More information is available through our athletic office and online.



You Are Part Of This

Programs like this would not exist without your generous support. Your financial assistance goes a long way. The Rhythmic Gymnastics committee provides numerous sponsorship opportunities to businesses and individuals alike. Contact our committee members for more details and become part of our ever-growing list of supporters.

Registration

Each athlete is required to have a current, fully paid membership with Homenetmen Glendale "Ararat" Chapter. All appropriate forms must be completed and filled prior to use of the gym. Athletes are required to sign-in and present their membership cards at every practice. Applications are available at our athletic office.

Contact Information

For further information you can visit our athletic office
Or call @ 323-256-0651.
www.Ararat.org

Homenetmen Glendale "Ararat" Chapter
3347 N. San Fernando Rd.
Los Angeles, CA 90065

Coaches

We constantly thrive to improve the quality of our program through qualified coaches.

Currently all our coaches are well experienced and are coaching within the USA Gymnastics guidelines.



Coach and Program Director Ovsanna Mkhchian

Competitions

The Rhythmic Gymnastics program features competitions for all levels. Gymnasts participate in various competitions annually. Additionally, they take part in different organized events, such as performances, when available.



Parent Committee

Parents are required to be involved & help in some aspects of the program. The Rhythmic Gymnastics committee is devoted to encourage parents' involvement.. The committee continuously evaluates and improves the quality, and benefits of our Rhythmic program.

