



**DOMINIQUE MOCEANU
GYMNASTICS CENTER**

Gymnastics, Camps, Yoga & More

www.DominiqueMoceanuGymnasticsCenter.com

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WELCOME

Hello and welcome to the Dominique Moceanu Gymnastics Center! I'm so excited to be here and share this special day with everyone.

My journey here, supported by so many, began many years ago but the timing to make it happen finally felt right. I was ready to create what I've advocated so passionately for: a safe gymnastics environment, free from abuse and focused on the health, confidence, joy and overall development of the athlete.

I come to this mission – and yes, I truly feel this center is a mission – as an Olympic gold-medal gymnast and parent, who unfortunately saw the darker side of the sport, both personally and through the eyes of dear friends and sister gymnasts who experienced it, too. I want children to have healthy experiences through this great sport by creating a warm, nurturing, fun environment at our gym. Gymnastics truly is one of the greatest sports in the world even though it's been through some tough times lately.

The sport of gymnastics and the practice of yoga, which has become an integral, amazing part of my life, has given me so much and now I want to give back.

Safety, positivity and a healthy-life balance will permeate every aspect of our center, staff and operations. We'll share our love of gymnastics and yoga, as well as espouse the fundamentals of a fun, healthy, meaningful, active lifestyle.

Thank you so very much for joining me and my family – husband, Mike, son, Vincent and daughter, Carmen – on this special day.

Wishing you peace, strength and balance,

Dominique Moceanu

Dominique Moceanu
Owner

CLASSES, SUMMER CAMP AND OTHER PROGRAMS

INSTRUCTIONAL GYMNASTICS

Sign up @ <https://www.dominiquemoceanugymnasticscenter.com/gymnastics/>

- **FROM TINY TYKES TO ADVANCED GYMNASTICS AND TUMBLING (AGES 18 MONTHS TO ADULTS 18+):** Our instructional gymnastics caters to all levels and focuses on the healthy development of children. There will be no competitive team programs but we offer high-level instruction in advanced classes that feature tumbling and more.
- **SUMMER CAMPS (AGES 5-17):** Half-day or full day. Our fun, instructional summer camps are for all abilities. Come learn new tricks or perfect old ones. Weekly celebrity coaches from top colleges and gyms.
- **PRIVATE LESSONS (AGES 6+):** One-on-one, private lessons for beginners to advanced.

YOGA CLASSES

Sign up @ <https://www.dominiquemoceanugymnasticscenter.com/yoga-classes/>

- **ADULT AND CHILD (AGES 3+ FOR CHILDREN AND AGES 18+ FOR ADULTS):** More than a dozen different yoga classes from beginner level to cardio pop and yogalates. Classes scheduled so moms can relax and de-stress at yoga while their children do gymnastics.

BIRTHDAY PARTIES AND PRIVATE EVENTS

Book @ <https://www.dominiquemoceanugymnasticscenter.com/gold-medal-gymnastics-party/>

We offer a warm, welcoming, fun environment to host your next birthday party or other private event, including fundraisers or Moms Night Out. Party Packages include but are not limited to: exclusive gym or yoga studio time, pizza, drinks, music and more.

OPEN GYM AND KARAOKE NIGHTS

- Friday's from 6-7 pm and 7-8 p.m.

Thank you to our generous sponsors for supporting DMGC:



"I was wowed by Dominique in 1996 and fully have confidence in, and support her, in all her endeavors present and future. I believe women's gymnastics is a beautiful and incredibly difficult sport that should be admired and supported when possible."

— Dennis M. Hall
Individual Sponsor

A special thanks to these companies for helping make this dream happen:

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