



We're not just creating great gymnasts, we're developing better kids!™

TEAM GYMNASTICS



OCEAN STATE SCHOOL OF
GYMNASTICS, INC.
3 NEW ENGLAND WAY
LINCOLN, RI 02865
www.ossug.com



BIRTHDAY PARTIES!

OSSG Center offers
amazing birthday parties!

Our parties focus on
Gymnastics. Parties are
scheduled for either Saturdays
or Sundays. There are
also Deluxe Party options

too! For a no worry, no clean up, totally



awesome party, contact
the OSSG Center office
for availability!

401-333-1530.



Did You know OSSG Center offers all these programs?

Gymnastics for...

PeeWees 15-36 months

Preschoolers 3-5 years

Girls 5 years & up

Boys 6 years & up

Adult class

Competitive Teams

Summer Camp

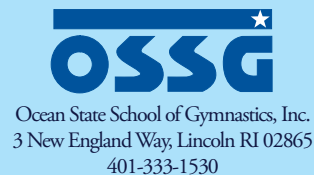
Gymnastics Birthday Parties With
Inflatables and Pool

Trampoline & Tumble Classes



FALL 2023

Welcome to The
Ocean State School of
Gymnastics!



We accept ... AmerEx,
VISA, MC & Discover

Team Descriptions

Our Cubs, Lions and Prep team programs are designed to begin preparing students for competitive gymnastics. While they are non-competitive teams as a rule, we will compete these members in approximately three “fun” meets during the season. All of these students are selected from our recreational class programs. As with all of our teams, membership is by invitation only and year-round attendance is mandatory.

Our competitive program encompasses both compulsory and optional levels of competition. Whether at the beginner or advanced level, there is a greater commitment required from both the athlete and parent. In addition to scheduled training times, competitive team members are also required to attend all scheduled competitions. Training hours range from four (4) hours per week for our beginner competitors to nineteen (19) hours per week for our most advanced athletes. Competitions are usually held once a month between November and March. State, regional, and national championships, for those who qualify, are held in the spring.

Vacations & Holidays

•August Vacation CLOSED.....8/28-9/4
•Labor Day CLOSED.....9/4
•Fall Classes Begin Tuesday.....9/5
•Columbus Day, CLOSED Boys/Girls Teams only...0/9
•Halloween(Tuesday Close at 3:00).....10/31
•Thanksgiving (closed Thur, Fri, Sat).....11/23 - 11/26
•Christmas/New YearCLOSED.....12/24 to 1/1
•Open during Feb. & Apr. School vacations
•Memorial Day CLOSED5/29
•Closed for vacation.....6/24 to 7/7
•July 4th observedCLOSED.....7/4

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Fall Schedule 2023

Being a team member at OSSG is both an honor and a privilege. Dedication is a must if an athlete is to reach his/her full potential. Year round attendance to all scheduled practices is mandatory. If a practice must be missed, every effort should be made to make up that practice at another time. Keep in mind that there are no refunds for missed time.

The team tuition is an annual fee broken up into 12 monthly payments from September to August. Only in extreme circumstances, such as long-term injury or illness, and only with the approval of the office manager, will any money be refunded. Otherwise there are no refunds.

Monthly tuition is due on the 8th of the month. All team members are required to keep a credit card on file. In addition to monthly tuition, team members' meet fees must be paid before September 1st. If tuition is delinquent or a meet fee is not paid on time, the athlete may lose the opportunity to compete in a meet. There are no refunds for away meets.

Annual OSSG/USAG registrations are due every September.

Spectators are to remain in the bleacher area during practice. Jewelry and street clothes such as shorts with snaps, buckles, zippers or buttons are not to be worn. Long hair must be tied back or put up. We are not responsible for any lost items, such as clothes or jewelry.

For a complete list of team rules and policies please refer to the OSSG Team Handbook.

During inclement weather, we will typically remain open. If you call the gym there will be cancellation information on the recorded message. You can also check our Facebook.

Team Participants Times & Prices Summer 2023

Girls Cubs
Wednesday 5:30-7:00 p.m.
Friday 3:45-5:15 p.m.
\$150.00 Wed • \$237.00 both days
Follows Rec Program vacations/holidays

Girls Little Lions
Monday 3:45-5:45 p.m.
Thursday 3:45-5:45 p.m.
\$252.00 per month
Follows Rec Program vacations/holidays

Girls Prep Team
Thursday 4:00-6:30 p.m.
Saturday 12:00-3:00 p.m.
\$304.00 per mo. Saturday/Thursday
\$211.00 per mo. Saturday
Follows Rec Program vacations/holidays

Girls Levels 4, 5, 6
Monday 3:30-7:00 p.m.
Wednesday 3:30-7:00 p.m.
Friday 3:30-6:30 p.m.
\$376.00 per month

Tramp & Tumble Team
Wednesday 6:00-8:15 pm.
Saturday 10:45-1:00
+\$263.00 per month by invitation only

Girls Xcel Silver
Tuesday 3:45-6:45 p.m.
Friday 5:30-8:30 p.m.
\$310.00 per month

**Girls Xcel Gold
Xcel Platinum
Xcel Diamond**
Monday 6:00-9:15pm(XP/XD)
Tuesday 6:00-9:15 pm
Thursday 5:45-9:15 pm
Monday 6:15-9:15 p.m. (3rd day optional XG)
\$376.00 per month
\$315.00 per month (2 days, Tues. & Thus)

Girls Optional Team
Monday 3:30-7:45 p.m.
Tuesday 3:30-7:45 p.m.
Wednesday 3:30-7:45 p.m.
Friday 3:30-7:45 p.m.
\$453.00 per month

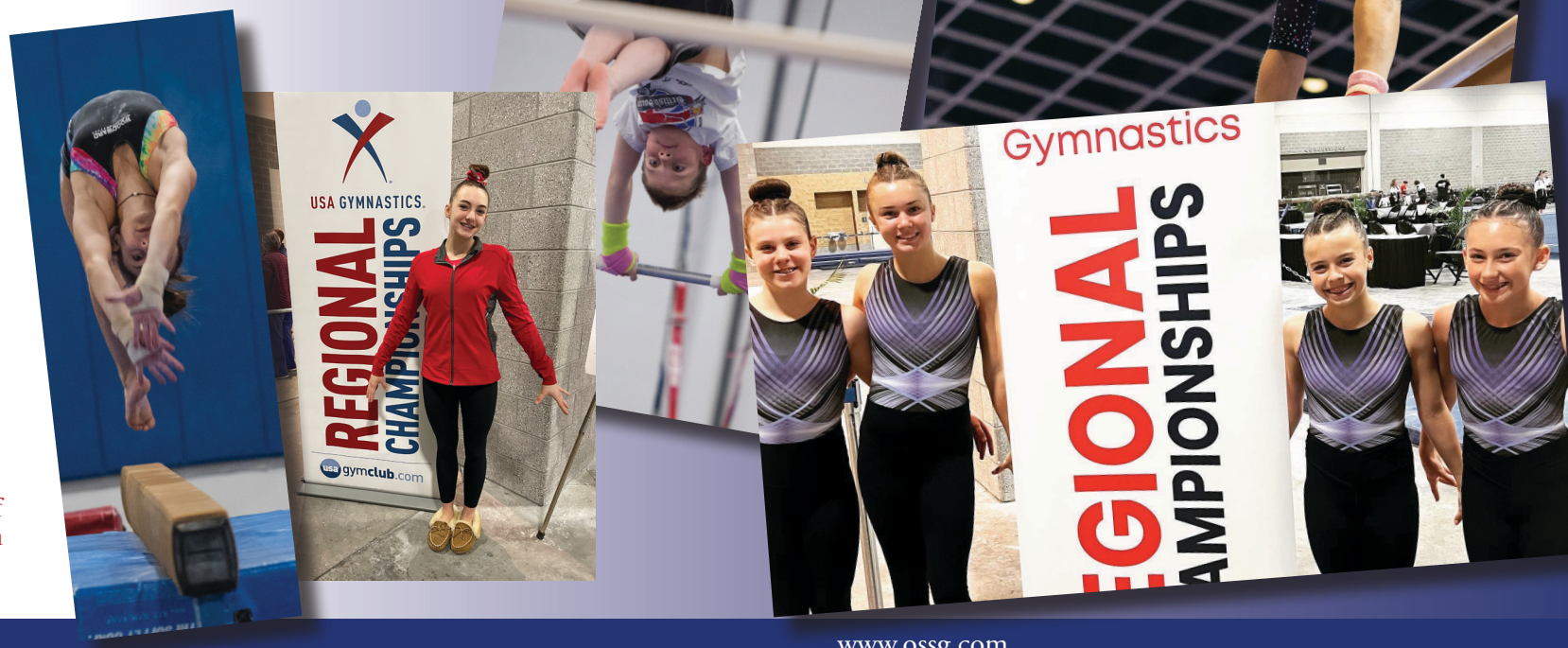
Tramp & Tumble Mini Team
Thursday 6:30-7:30 p.m.
Saturday 10:15-11:15
+\$177.00 per month by invitation only

Boys Little Lions
Wednesday 5:00-6:30
Friday 3:45-5:15 (2nd day)
\$150.00 per month 1x
\$237.00 per month 2x's
Follows Rec Program vacations/holidays

Boys Compulsory Team
Monday 5:15-8:15 p.m.
Thursday 5:15-8:15 p.m.
\$310.00 per month

Boys Optional Team
Monday 5:15-9:15 p.m.
Thursday 5:15-9:15 p.m.
Friday 5:15-9:15 p.m.
\$391.00 per Month

Girls Hot Shots
Thursday 3:30-5:30 p.m.
+\$65.00 per month by invitation only



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