

Welcome to DMGC!

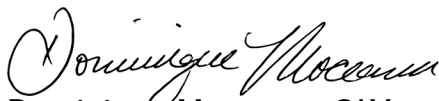
I'm so excited to share DMGC and Carmen's Yoga Studio (CYS) with you! I believe it's a fabulous place, and your child will grow in so many ways! S/he will learn proper technique and fundamentals from our dedicated and loving staff. DMGC spends time focusing on the basics, and oftentimes it's the longer route towards success, but it's an essential aspect of our philosophy. At DMGC, shortcuts aren't encouraged to move a child up quickly; instead, we focus on the proper gymnastics technique, and building a strong foundation, which takes years to master, and requires an enormous amount of patience. I value this aspect of our gymnastics teachings tremendously as it is vital in what DMGC stands! Learning skills the correct way is a large part of our philosophy, and this is important on your child's path towards success because an athlete will plateau less as they climb to the higher levels should they choose to go that route. Fundamentals are everything in our sport, just like in grade school! DMGC also values discipline, work ethic (which you'll see from our staff and higher level team gymnasts), and a safe as well as positive culture for athletes to learn in. I hope you'll see the value in our character-building classes while you watch your child grow with us. Most importantly, however, we want your child to have fun with us at all levels!

Carmen's Yoga Studio is named after my daughter, Carmen! It offers children and adults yoga classes and is a valuable asset to our program. I have incorporated yoga into our competitive team program's curriculum as a way for our gymnasts to learn lifelong organic ways to cope with stresses, plus incorporate breathing techniques into their lives. It is an introduction to yoga, which can lead to a lifelong exploration! I believe in all of yoga's scientific benefits and genuinely hope that you take advantage of our gem located upstairs in our mezzanine area. We have fantastic instructors!

At DMGC/CYS, there is truly something for everyone, even adult gymnastics! After all, you don't have to quit a love for the sport! Or perhaps you're new to it and want to explore your horizons. Either way, adult gymnastics can also be a lifelong journey!

I wish you an enjoyable experience with us for the duration of your stay and I welcome you with open arms!

With Gratitude,



Dominique Moceanu, OLY
DMGC/CYS President

