



TEXAS DREAMS GYMNASTICS

FACT SHEET

Updated 7/11/06

Age Range

18 months – adult

Directors

Kim Zmeskal Burdette and Chris Burdette – Kim and Chris have traveled the country to capture the best-of-the-best coaching practices. Kim is a former all-around World Champion, Olympic medalist, and a USA Gymnastics Hall of Fame member. Chris has coached alongside some of gymnastics' best coaches, including Bela and Martha Karolyi and Mary Lee Tracy.

Improves:

- ☆ Strength
- ☆ Flexibility
- ☆ Coordination
- ☆ Self-esteem
- ☆ Teamwork
- ☆ Sportsmanship
- ☆ Perseverance

How Our Program Differs from Others:

- ☆ Goal setting – gymnasts work with coaches to develop and work toward personal goals
- ☆ Journal entries – athletes record progress and lessons
- ☆ Competitive gymnastics with exposure to National Team members, National Champions, and Elite athletes. Our team members serve as incredible role models and assure parents of the capability of our program and coaches to bring out the best in any aspiring gymnast
- ☆ Apparatus coaching – exposes children to different coaching styles and coaches that excel on a particular event
- ☆ Belt system – identifies gymnasts by level and skills achieved, helping coaches readily know areas that need challenging or improvement; instills a sense of pride among the gymnasts and gives tangible evidence of their achievements
- ☆ Preschool walls – ensures a safe learning environment while helping children maintain focus
- ☆ State-of-the-art facilities and equipment
- ☆ In-ground trampolines and tumble traks

Scheduling

Texas Dreams Gymnastics offers a trial class for first-time students. Classes range from 30 to 90 minutes depending on age and level.

Fees

Class fees vary by length of class and number of weeks booked. Contact EveryBody Fits at 972-471-2345 for pricing information.

