

We Build Strong Kids,
Strong Families, Strong Communities.

YMCA Glendale



Our Gymnastics Team *IN ACTION*

It's For Everybody

Visiting "History" While Making "History"

Standing in front of the "Lincoln Memorial" in Washington D.C., coach Arpi Avetyan and Rhythmic Gymnast, Amanda Kurtyan, ponder in amazement at how far our nation has come and how much history has been made in the process.

Arpi Avetyan, director of the Glendale YMCA gymnastics program has been developing talented young athletes giving them a base for all future endeavors, but she said there is one "Shining Star" looking to create history for herself in the beautiful sport of "Rhythmic Gymnastics."

Rhythmic Gymnastics is a choreographed floor routine in which the athlete maneuvers an "apparatus", like a rope, ball, hoop, club, or ribbon with their hands to create space and beauty. Amanda Kurtyan, a 10 year old Level 7 gymnast, recently competed in the 2009 Rhythmic Gymnastics International Capital Challenge held at the University of Maryland, College Park. This competition lauds some of the world's greatest athletes from Russia, Croatia, Canada, Ukraine, Hungary, Israel, Latvia and Finland.



Rhythmic Gymnast, Amanda Kurtyan (right), with
2008 Beijing Olympic Silver Medalist for Rhythmic Gymnastics
All-Around - Inna Zhukova (left)

In her floor routine, Amanda pranced gracefully across the floor, spinning beautiful pirouettes on her toes. For this show of elegance she earned first place out of 47 people.

Her next endeavor was to amaze the audience with a rope routine where she floated through the air, tossing and twirling the rope with such ease as if it were an extension of her body. This second place finish solidified her among the top athletes in her respective level.

"I couldn't be more proud of what she has accomplished in such a short period of time," said Avetyan who has been coaching Amanda since she started Rhythmic Gymnastics three years ago. "To go from Level 3 to Level 7 in three years and compete with girls at this level is a feat, but to take home first place is really big."

As Amanda walked by the "Washington Monument," then standing in front of the "White House" in awe, she said to Coach Arpi, "When I win the Gold at the Olympics in 2016 and the President invites me to his house, I am going to bring you." This brought tears to Avetyan's eyes as they embraced in a big hug.

With the 2016 Olympics right around the corner and Amanda working out over 20 hours per week, look out for this Shining Star" to make her mark in history!!!