

DEVELOPING **STRONG, CONFIDENT**
& ACTIVE STUDENTS
THROUGH GYMNASTICS



STANDOUT
PERFORMANCE



Gymnastics is so much more than just cartwheels, handstands, and impressive routines—it's a holistic journey that nurtures both the body and the mind.

Whether children take it on to gain strength, flexibility, coordination, and balance, or to compete as athletes in local and international competitions, gymnastics introduce solid foundational skills in physical and mental development.

Backed by research, children who practice gymnastics boost their cognitive functioning, discipline and focus, mental resilience, self-confidence and many more that help them navigate through life better.



ABOUT STANDOUT PERFORMANCE



Standout Performance is a leading gymnastics and fitness studio in Hong Kong. With a team of world-class coaches and a track record of excellence, we are recognized for our commitment to high quality instruction and safety.

Our age-appropriate classes cater to children from 2 to 12+ years old, as well as adults. We stay current with the latest developments in child development and athletic training, integrating best practices into every lesson.

Founded: 2021 **Branches:** Tung Chung, Tuen Mun, Kai Tak, Wong Chuk Hang

Focus: **Artistic Gymnastics**, emphasizing on acrobatic strength and precision on fixed apparatus (Balance beams, uneven bars, floor routines, vault)

Level Program: Australian Level Program (Levels 1-6)

Competition Participation: Local & International Competitions (Recent Overall 1st Runner Up in the SS Asian Gymnastics Club Tournament 2025)



WHY GYMNASTICS FOR KIDS? STANDOUT PERFORMANCE

Gymnastics bring an abundant of benefits for kids of all ages, including:

Physical Development

Builds strength, flexibility coordination, balance and endurance

Cognitive Growth

Enhances cognitive functioning, focus, memory and problem solving

Character Building

Teaches discipline, perseverance and resilience

Self-Esteem

Achieving confidence and new skills to push their capabilities

Healthy Lifestyle

Encourages active and healthy lifestyles and mindsets from early on





BENEFITS FOR PRIMARY SCHOOL STUDENTS

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Specifically for young children in Primary School, further benefits include:

Motor Skills Enhancement

Critical for healthy growth and participation in other sports

Posture & Injury Prevention

Promotes stronger overall muscles and body awareness for sports

Academic Connection

Physical activities that improve classroom and academic performance

Social Skills Development

Encourages teamwork, cooperation and respect for peers and instructors

Holistic Development

Bringing a combination of physical, mental and social benefits



We understand that every school community is unique, with its own goals, schedules, and student needs. We are delighted to offer age-appropriate, flexible, customized gymnastics programs designed to align seamlessly with your school's vision and requirements.

Example offerings include:

- **After School Classes:** Comprehensive development curriculum delivered in after school 1-hour sessions for all or specific levels
- **Holiday Themed Camps:** Fun learning and activities through themed 2-day, 3-day or 5-day camps ([View sample proposal](#))
- **Workshops & Events:** Skill-focused workshops, performance showcases
- **Curricular Support:** Integrated PE classes in partnership with your teachers
- **Inclusive Programs:** Modified sessions for diverse abilities, including low-muscle toning classes





In partnering with us, we can offer various collaboration models:

- **On-site Delivery:** Our coaches come to your school, bringing equipment for sessions in your gym or hall
- **Studio Visits:** Students visit our state-of-the-art facilities for immersive sessions
- **Hybrid Model:** Combine on-site and studio-based experiences

We customize scheduling, duration, and frequency to align with your school calendar.





At Standout Performance, we combine expert coaching with a passion for child development. Our tailored programs focus on safety, fun, and individual growth, helping each child shine both on the mat and in everyday life. With us, gymnastics becomes a powerful tool for building not just strong bodies, but standout character and lifelong skills.

World-Class Coaches

Qualified international coaches with high-quality coaching experiences

Age Appropriate

Curriculum tailored for students in Kindergarten, Primary or High School

Small Class Sizes

Ensuring individual attention is maintained in every class

Progressive Learning

Learning pathways that cover fundamental to advanced skills

Rich Expertise

Specialized in coaching in artistic gymnastics and fitness

Safety First Approach

Modern, competition level equipment and safety standards

Flexibility

Programs in collaboration with you are tailored specifically for your school

Community Engagement

Welcoming of teachers and parents in participation



To explore collaboration opportunities, please feel free to enquire. We look forward to developing strong, confident and active students with you!

Nail Siraziev
Regional Managing Coach

Phone: +852 5485 1988

Email: hello@standoutperformancehk.com

General Office

Phone: +852 6216 1987

Email: hello@standoutperformancehk.com



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