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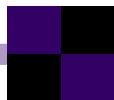
Event coaching means there will be a different coach for each event. The child will rotate from one coach to the next (one event to the next). This means the child will have interaction with multiple coaches. Event coaching classes are fast paced energetic classes that will keep your child engaged.

SINGLE COACH CLASSES

Classes that have a coaches name next to it will have that coach for all events. The child will stay with the same coach for the whole class and that instructor will coach all events for them. Single coach classes allow the child and instructor to create a bond together.

DRESS CODE

Come to gymnastics or tumbling in comfortable clothing with no buttons or zippers. Leotards are preferable, but not required. Gymnasts will have no shoes or socks. Jewelry should not be worn to gymnastics or tumbling classes.



CLASS POLICY

Your monthly payment holds your child's spot in their class. There is a two weeks written notice required for withdrawal from classes. Your child will remain on class rolls unless you direct us otherwise and you will continue to be billed. Registration fees are non-refundable and non-transferrable. Tuition is due the 1st class of each month. Classes will not be pro-rated.

MAKE UP POLICY

If your child misses their class they are able to do a make up in another class at their same level, or they can use open gym times as their make up. You must make up the missed class within the same month. And you **must be currently enrolled in a class.**

DROP POLICY

We ask that you give the front desk a two week written notice before dropping a class for any reason. If you do not notify the front desk you will continue to be billed for the class.

PRICING

Class fees are charged monthly. The highest priced class for each family is charged as the "first class" and additional classes discounted. Registration or Membership Fees are charged each year on a student's anniversary date.

The membership fees are non-refundable and non-transferable.

The first two children of each family will be charged:

	1st child	2nd child
Members Fee	\$45	\$25
30 minute class	\$45	\$40
45 minute class	\$55	\$50
55 minute class	\$65	\$60

Class Descriptions



CENTRAL
GYMNASTICS
ACADEMY

3931 Mary Eliza Trace
Marietta, GA 30064

Phone: 770-422-9900
E-mail: vickie@centralgymnasticsacademy.com
www.centralgymnasticsacademy.com



Boys Gymnastics Ages 5-18

(8:1 student/teacher ratio)

High Bar, Parallel Bar, Rings, Pommel Horse,
Vault, Floor, Trampoline, Pit

Gymnastics: 55 min class. Children will learn gymnastics terminology and the basic skills for each event. They will begin working on performing basic skills on their own.

Advanced Gymnastics: 55min class Children know the terminology and can perform basic skills on their own. They are now working on more difficult skills, and combining skills. Skill Requirements: Straight arm bridge, Vertical handstand, Pullover on the bar on their own.

High Level Gymnastics: 55 min class. Gymnasts are working on perfecting their skills and combination of skills. |

Skill Requirements: Back bend kick over, Cartwheel on the beam, Back handspring w/ light spot.

GYMFIT: 55 min class focusing on strength & flexibility that will help improve gymnastics and tumbling skills as well as overall athleticism. Some gymnastics and tumbling skills will be incorporated to help build muscles



Pre-School Gymnastics

Ages 12 months-4 years old

Parent & Tot Class: 12-24 months

(8:1 student/teacher ratio)

45 minute class done with the parent focusing on basic motor skills, perceptual development and cognitive skills.

Gymtot: 24-36 months

(5:1 student/teacher ratio)

30 minute class focusing on increasing awareness of motor movement and coordination. Emphasis on class structure.

3 Year Old Classes:

(5:1 student/teacher ratio)

1 hr. class where progressions are based on developmental milestones for the three year old. Specific skills and use of full size equipment introduced.

4 Year Old Classes:

(6:1 student/teacher ratio)

1 hr. class in which basic skill requirements are taught. Introduction of strength and flexibility development

Tumbling Ages 5-18

Floor, Trampoline, Pit

Tumbling: ages 5-18

(8:1 student/teacher ratio)

55 min tumbling class focusing on basic tumbling skills and terminology. (main focus rolls, handstands, cartwheels, round-offs, back walkovers, and more)

Advanced Tumbling: ages 6-18

(8:1 student/teacher ratio)

55 min tumbling class focusing on combining advanced tumbling skills. (Back handsprings, round-off back handsprings and more)

Skill Requirements: Round-off, Back walkover, Vertical handstand

High Level Tumbling: ages 6-18

(10:1 student/teacher ratio)

55 min tumbling class focusing on perfecting their advanced tumbling skills. (back tucks, and combination skills)

Skill Requirements: must have a back handspring on own

Cheer Tumbling: ages 5-18

(8:1 student/teacher ratio)

55 min tumbling class incorporating cheer jumps and motions along with tumbling skills for cheer.

Back Handspring Class: ages 5-18

(8:1 student/teacher ratio)

55 min tumbling class focusing on the back handspring and other strengthening skills important in achieving the back handspring

Acro Tumbling: ages 5-18

(8:1 student/teacher ratio)

