

Birthday Parties

Birthday parties at Central Gymnastics Academy are an hour and a half long. Time includes 1 hour of Instructor guided play in the gym and 30 minutes for cake and gifts. Your rental includes use of the entire building just for your party as well as a professional instructor to lead your party, cut the cake and clean up. You provide the paper products and the cake, and let us do the rest! The birthday child will also receive a Central Gymnastics Academy t-shirt, and each guest will receive a helium balloon.

Parties are on Saturdays and Sundays during the following time slots:

12:30-2:00pm

3:00-4:30pm

5:30-7:00pm

Member party rate: \$185 for 15 guests or fewer

Non-member rate: \$200 for 15 guests or fewer

\$5 extra for additional guests over 15.

We recommend no more than 20 guest due to space in the party area

More than 20 guest requires an additional coach for \$35



Gymnastics Classes
Cheer Tumbling
Acro Tumbling
Tumbling Clinics
Birthday Parties
Open Gym
Field Trips **Camps**
Extreme
Gymnastics



Central Gymnastics Academy

Due West Crossings
3931 Mary Eliza Trace
Building 100
Marietta, GA 30064

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

What we Offer.....



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Gymnastics & Tumbling Classes

Pre-School Gymnastics Classes- we offer 45 min. classes for 12-36 month olds with a parent, as well as 30 min classes for 2 year olds, and 1 hour classes for 3 & 4 year olds. Pre-schoolers will work on obstacle courses that involve gymnastics as well as music and movement activities to help their motor skills.

Girls Gymnastics Classes- Ages 4-18 includes floor, vault, beam, bars, pit and trampoline.

Boys Gymnastics Classes- Ages 4-18 includes floor, vault, pommel horse, rings, pit, and trampoline.

Tumbling Classes- Ages 5-18 includes a variety of tumbling skills such as handstands, cartwheels, round-offs, bridge kick overs, back handsprings and front handsprings. They will work these skills on the floor, trampoline, and pit.

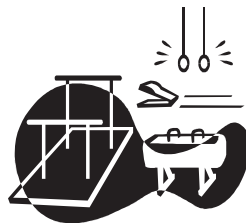
Cheer Tumbling- Ages 6-18 includes tumbling for cheer, as well as jumps for cheer. They will work a lot of backward skills for cheer leading. They will practice these skills on the floor, trampoline and pit.

Acro Tumbling- Ages 6-18 includes tumbling for dance. These tumbling skills will involve front and back walk overs, aerials, back handsprings, and other tumbling used in dance.

We offer classes  for 12 months up to 18 years old.

Clinics

Throughout the year we offer different clinics. Clinics are one hour long and will focus on a specific skill and will use different drills and techniques in order to improve upon the skill. Some clinics that we have offered in the past have been: back handspring clinics, cartwheel clinics, and a trampoline clinic. If you ever have an interest in a specific clinic, or you feel your child may need help with one particular skill please let us know and we can work on putting together a clinic for that skill!



Field Trips

We offer field trips to groups such as pre-schools, schools, day cares, moms groups, church groups, or any other group that would like to come. Field trips are 1 hour long and the participants will be introduced to gymnastics positions, equipment and skills. They will use floor, beam, vault, bars, pit and trampoline. Field trips are a fun way to get introduced to the sport of gymnastics! Sign your group up for a gymnastics field trip today!

Open Gym

We offer open gym times and open play times certain times throughout the day at the gym. Open gym times are when an adult must come out on the floor with the child and watch them play in the gym and do gymnastics on their own without instruction. Open play is when the parent may drop the child off to play in the gym with the supervision of a coach. The coach is there to help if needed, however activity is driven by the child, and is non-structured. Open gym/play time is a great way to see what your child is learning and to let them have some fun exploring skills on their own, or to get some extra practice on the skills they need!

Camps

When school is not in session we offer gymnastics camps. Camps are 4 hours long. During camp children will do gymnastics, play games, and have some free time to practice skills of their choice. Our camps are very flexible, you can come as many or as few days as you would like. The more you come the more improvements you will see in your child's gymnastics ability, as well as the more friendships they will be form!