

Workshop Schedule Of Activities:

Upon arrival—Each student has their own cubie for their belongings. They will leave everything in the cubbies while they are out in the gym.

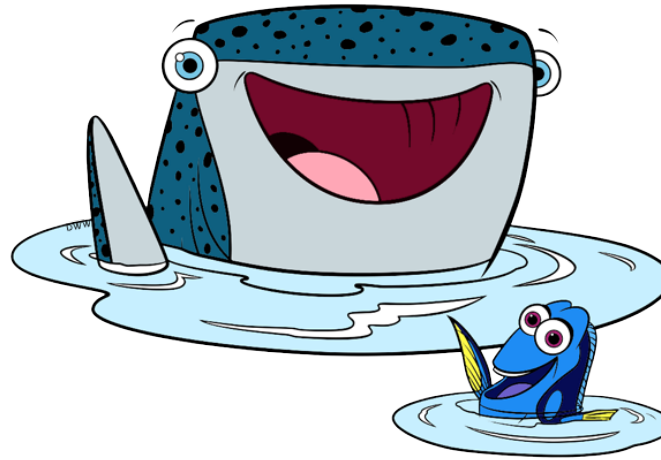
Kids will have a 15 minute structured stretch and warm-up when they arrive. They will be grouped with coaches and students around the same age.

Students will go around to all the gymnastics events floor, bars, beam, vault, trampoline, and pit. They will rotate events every 15 minutes. Students will also have a chance to play coaches gymnastics games and will practice gymnastics stretches to help improve their gymnastics skills.

If students are coming to the morning workshops they will partake in a snack time and lunch time. Lunch will be 30 minutes with handwashing before and after lunch. If students are coming in the afternoon workshops they will only partake in a snack time. Snack breaks are only 15 minutes, All students MUST provide their own snacks and lunch.

At the end of workshops students will gather their belonging while parents sign out their students. All students must remain with the coach until their parent signs them out.

We hope your child enjoys their workshop experience and leaves with more gymnastics skills then they came with.



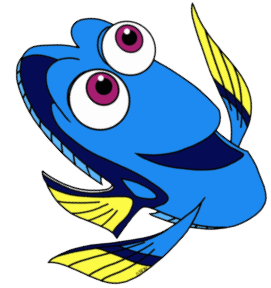
CENTRAL GYMNASTICS
ACADEMY

Due West Crossings
3931 Mary Eliza Trace Suite 120
Marietta, GA 30064

Phone: 770-422-9900

E-mail: stephanie@centralgymnasticsacademy.com

Just Keep Flipping



CENTRAL
GYMNASTICS
ACADEMY
Summer



Central Gymnastics Academy
Due West Crossings
3931 Mary Eliza Trace NW
Marietta, GA 30064

770-422-9900

www.centralgymnasticsacademy.com
stephanie@centralgymnasticsacademy.com

JUST KEEP FLIPPING AT SUMMER WORKSHOPS

We are going to just keep flipping at Central Gymnastics Academy's summer workshops. Each of our Summer Workshops offer your children a day packed full with fun filled activities, gymnastics and games. Each student will participate in gymnastics activities, as well as games and fun! Your child can attend 9am—1pm workshops, or 1pm—5pm workshops.. Each week will focus on a different gymnastics skill as well as safety. Be sure to attend as many workshops as possible to

- Campers must be 5 to 17 years old and potty trained with no need of assistance to attend camp
- Campers have a 12:1 student to teacher ratio, with a professional adult staff



9AM-1PM WORKSHOPS AND/OR 1PM-5PM WORKSHOPS

June 5th—June 9th
June 12th—June 16th
June 19th—June 23rd
June 26th—June 30th
*July 3rd—July 7th (Closed July 4th)
July 10th—July 14th
July 17th—July 21st
July 24th—July 28th

SUMMER WORKSHOP PRICING INFORMATION

- **Reservations** and **PAYMENT** for summer workshops must be made no later than 4:00pm the night before. If you are registering for a Monday workshop you must reserve and pay for your workshop by Friday 4:00pm. Payment in full is required upon reservation to reserve your child's spot in workshops. If payment is not received in advanced your child is not guaranteed a spot. There will be an additional charge of \$20 if reservations are not made by 4pm the night before. No phone messages.
- All students attending workshops must try and arrive at start of the workshops. Late workshop students disrupt the groups already in progress so please make sure you are prompt on getting students to workshops on time and they will leave depart workshops at the end time of workshops. Kids may not stay for any additional time after the workshop has ended.

	Member Rate	Non-Member Rate
Daily 9-1 or 1-5	\$30 per day	\$40 per day
Weekly 9-1 or 1-5	\$120 first week \$110 additional weeks Siblings: \$110 first week, \$100 additional weeks	\$160 first week \$150 additional weeks Siblings: \$150 first week, \$140 additional weeks
*July 3rd week		

*Member Fee is \$45 1st child, \$25 2nd child, \$15 for each additional. *Membership is good for 1 full year.

SUMMER WORKSHOP RULES & REGULATIONS

- Parents must provide 1 snack with a drink for morning & evening workshops(9-1 or 1-5), and 1 lunch for morning camps (9-1).
 - We ask that you sign your child in for workshops as well as sign them out. You must be present inside to sign your child in.
 - No shorts or pants with zippers, buttons, or belts are allowed.
 - No Gum or soft drinks
 - **NO TOYS** from home
 - We wish for all children to have a fun and safe experience at workshops. If your child is causing a problem with other children or with our staff they may be requested to no longer attend workshops.
- Central Gymnastics Academy reserves the right to cancel any workshop week if minimum participation numbers are not met.**

