



EVENT COACHING

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.

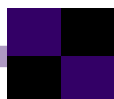
Classes that have a coaches name next to it

SINGLE COACH CLASSES

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. Tuition is not pro-rated for missed classes. Registration fees are non-refundable and non-transferrable. Tuition is due the 1st class of each month. Classes will not be pro-rated. You receive 4 classes within a month Children are only able to be in our program no longer than 10 hours per week.

MAKE UP POLICY

If your child misses their class they are able to do a make up in another day and time as long as space allows, 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**. Make-up classes are **NOT guaranteed** if not done within the month of missing. We **do not pro-rate for missed classes**.

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 and expected to pay.

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	\$50	\$45
45 minute class	\$60	\$55
55 minute class	\$70	\$65

Updated 7/2/18

Class Descriptions



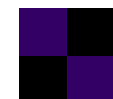
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Girls Gymnastics Ages 4-18

(8:1 student/teacher ratio)

Bars, Beam, Floor, Vault, Trampoline, Pit

Boys Gymnastics Ages 4-18

(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.

X-Treme Gymnastics: 55 min class. Combining par-core and gymnastics. Introduction to heights, jumping from different surfaces and over objects, as well as basic gymnastics skills.

SuperBoys Gymnastics: 55 min action packed class that incorporates Superhero and Jedi skills with gymnastics skills. Leaping, bounding, and rolling to victory.

Pre-School Gymnastics

Ages 12 months-4 years old

Parent & Tot Class: 12-24 months

(10:1 student/teacher ratio)

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

2 Year Old/Gymtot:

(5:1 student/teacher ratio)

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

3/4 Year Old Classes:

(6:1 student/teacher ratio)

55 minute class where progressions are based on developmental milestones for the three and four year old. Specific skills are taught incorporating strength and flexibility. The use of full size equipment is introduced gradually.

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)

55 min tumbling class geared toward dancers. Focuses on aerials, front walkover, back walkovers and flexibility skills.

