



## E V E N T C O A C H I N G

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.

## S I N G L E C O A C H C L A S S E S

Classes not indicated as event coaching will be taught by one 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.

## D R E S S C O D E

Come to gymnastics or tumbling in comfortable clothing with no buttons or zippers. Leotards are preferable, but not required. Students will have no shoes or socks. Jewelry should not be worn to gymnastics or tumbling classes. We are not responsible for any jewelry or items lost in the pit or broken during class.



## C L A S S P O L I C Y

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.

## M A K E U P P O L I C Y

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.**

## D R O P P O L I C Y

We ask that you give the front desk a two week 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.

## P R I C I N G

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

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

	1st child	2nd child	3rd child
Registration	\$45	\$25	\$15
30 minute class	\$45	\$40	\$35
45 minute class	\$55	\$50	\$45
55 minute class	\$65	\$60	\$55
1.5 Hour Class	\$80	\$75	\$70

Effective: 8/1/2014 for classes

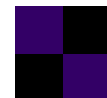


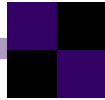
# C E N T R A L G Y M N A S T I C S A C A D E M Y



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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)

Parallel Blocks, Rings, Pommel Horse, Vault, Floor, Trampoline, Pit

**Gymnastics:** In our gymnastics classes individuals are taught at their own skill level. Classes are 55 minutes long once a week unless you sign up for additional class days. Children will learn gymnastics terminology and the basic skills for each event. The children will be working on performing skills on their own. Always working towards more difficult skills and combining skills.

**Extreme Gymnastics:** *55 minute class 7 yrs and up.* A new program with a lot of programs in one. Extreme gymnastics will involve running up walls, mats, and flipping. Doing gymnastics with objects such as balls, hoops, and more. Group gymnastics where you will do tricks with other students, and endurance challenges to improve strength and flexibility. Rotations will use the trampoline, pit, gymnastics equipment, and will have a different extreme rotation each week. This class is packed with extreme fun!

**Advanced Gymnastics:** *55 minute class* for those who have experience and the focus to work harder on skills. This class works on strength and flexibility to develop harder skills.

**High Level Girls Gymnastics:** *1.5 hr class.* Gymnasts are working on perfecting their skills and combination of skills. This class is offered to gymnasts who have years of gymnastics experience.

**Double Digit Gymnastics 10+:** 55 minute gymnastics class for those gymnasts 10 and up.

## **Pre-School Gymnastics**

Ages 12 months-4 years old

### **Parent & Tot Class:** 12-36 months

(8:1 student/teacher ratio)

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

### **Gymtot:** 24-26 months

(5:1 student/teacher ratio)

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

*Morning GymTot Classes will receive 15 minutes after class with their parents, to go out in the gym to show-off their gymnastics they learned. This is only for morning GymTot Classes.*

### **3 Year Old Classes:**

(6:1 student/teacher ratio)

*55 minute 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:**

(8:1 student/teacher ratio)

*55 minute 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 minute class.* In our tumbling classes individuals are taught at their own skill level. Tumbling classes focus on tumbling skills, terminology, working from the basic fundamentals to build up to the bigger skills in tumbling. Always working towards more difficult skills and combining skills.

**Advanced Tumbling:** ages 6-18 (10:1 ratio) *55 minute class.* Is an hour long class for those students whom already have achieved a backhandspring and are working towards connecting skills and back and front tucks.

**High Level Tumbling:** ages 6-18 (10:1 ratio) *1.5 hour* tumbling class focuses on perfecting their advanced tumbling skills. (back tucks, and combination skills) This class is offered to tumblers that have had years of tumbling experience and have a backhandspring by themselves.

**Backhandspring Clinic/Class** ages 6-18 *55 minute class* (8:1 ratio) This class offers work on just one skill the backhandspring. Working drills and progressions to get a backhandspring by themselves. This class can be a monthly class where you have a spot all month or you can take it as a clinic where you pay per class as long as there are openings.

**Acro Tumbling:** ages 6-18 (8:1 student ratio) *55 minute class* this is a new program this year. This class will focus on the fundamental acrobatic and tumbling moves. This class only works on the floor, trampoline, and pit. Sample moves include: cartwheel step-ins; back/frontbends; back/frontwalkovers; side/front aerials; headstands; backhandsprings/step-outs, and much more. This class will focus on building core strength and flexibility while acquiring valuable skills that can easily be transferred to dance, cheerleading, and gymnastics routines.

**Cheer Tumbling:** ages 6-18 (8:1 student ratio) 55 minute class that focuses on cheer tumbling, cheer jumps, and motions. They will work on the floor, trampoline, and pit. They will also work on improving strength and flexibility in this class.

**Double Digit Tumbling 10+ :**55 minute tumbling class for those tumblers 10 and up.

