



National Gymnastics Day!

Join us in celebrating National Gymnastics Day
at Central Coast Gymnastics!

September 15, 2018 (Saturday)

Time: 1:00-4:00 pm

**Amazing Performances * Fun FREE Circuits * Gymnastics * Ninja * Cheer *
Acro * Trampoline & Tumbling * FREE Food * Beverages * Arts & Crafts *
Photo Booth * Outside Booth * Entertainment * Fun for All Ages & Abilities**

- 12:45-1:00 **Welcome-Check in begins, stop by the Check in Booth 1st**- To get your FREE NGD GOODIE Bag! Then get ready for the National Gymnastics Day Celebration and The Rockin' Block Party Inside & Out!
- 1:00-1:45 **Visit all the Vendor booths** once you are checked in, start you're NGD Bingo Card to get giveaways along the way
- 1:25-1:40 **Performance & Demo's inside Gym #2:** CCE Cheer Teams, CCG's T&T Team, and CCG's Acro Team!
- 1:45-1:55 **Fun Warm ups for All Session 1 Clinics:** Make sure your child is in the gym where your clinic is being held
- 1:55-2:20 **Session 1 Clinics in Gym #1**– Parent Participation Preschool, Preschooler Gymnastics, Beg. Tumbling, Girls Rec on Bars, Boys Rec on Rings & P-bars, improving you Back Handspring!
Session 1 Clinics in Gym #2– Beg. Trampoline, Int.–Adv. Double Mini Trampoline, Intro to Acro, Little Ninja Course, Adv. Tricking & Agility, and Cheer Fun for All.
- 2:20-2:25 **Social Media Time**, Your time to take pictures of your children learning & having fun, then post to #CCGNGD2018
- 2:25-3:00 **Visit all the Vendor booths** to get you're NGD Bingo Card signed off to get your FREE NGD GOODIE Bag!
- 2:40-2:55 **Performance & Demo's inside Gym #1:** Girls, Boys, & Xcel Gymnastics Teams, and CCG's T&T Team!
- 3:00-3:10 **Fun Warm ups for All Session 2 Clinics:** Make sure your child is in the gym where your clinic is being held
- 3:10-3:35 **Session 2 Clinics inside Gym #1**— Parent Participation, Preschool, Boys Gym Pommels & Bars, Girls Gym Balance Beam, Agility Gym, and Ninja Agility
Session 2 Clinics in Gym #2– Beg. Trampoline, Int. – Adv. Double Mini Trampoline & Air Track Tumbling, Acro and Cheer.
- 3:35-3:40 **Social Media Time**, your time to take pictures of your children learning & having fun, then post to #CCGNGD2018
- 3:40-4:00 **More time to visit all the Vendor booths** at NGD Rockin' Block Party inside and out! Make sure you get your Bingo Card signed off in all the spaces to get all you're free goodies!

Call Today to Schedule your FREE Clinic!!

(805)549-8408

www.iflipforccg.com

Check out these free fun booths too!

- Welcome & Check-in Booth
- Free Food Booth (while supplies last)
- Face Painting Booth w/Chloe
- Custom Fit Personal Trainer Booth
- Dream Dinners Booth
- CCG Spin the Wheel Prize Booth (Inside)
- Kids Connections in Gym 2
- Make an Olympic Medal Booth
- SLO Ballet Theatre Booth
- Bubble Fun Booth
- Rebecca's Ice Cream Truck
- Photo Booth (Inside)
- Aloette Skin Care Fun booth
- Lindamood Bell Learning Academy

☺ Make sure to bring a nonperishable food donations or cash we will donate to the local Prado Homeless Shelter.

CCG is Located just off S. Higuera Street (By Meathead Movers) at 21 Zaca Lane Suite #100 in San Luis Obispo