



National Gymnastics Day

September 15, 2018

Celebrate with us from 1:00 – 4:00 pm

Session 1- In Gym 1 & Gym 2

Fun Warm ups 1:45-1:55

Session 1 Clinics 1:55-2:20

Social Media Time 2:20-2:25

Gym 1:

- Parent Participation Jungle Gymnastics (ages 1- 2)
- Preschool Jungle Gymnastics (ages 3-4)
- Beg. Tumbling Learn-A-Cartwheel (ages 5-16)
- Girls Rec. Let's Learn Beg. Bars (ages 5-16)
- Boys Rec. Hanging on the Rings, P-Bars, & Rod Fx (ages 5-16)
- Improve your Back Handspring (must be able to do a BHS)

Gym 2:

- Beg. Trampoline Let's Bounce (ages 5 – 8)
- Int.-Adv. Double Mini Tramp (ages 9+)
- Introduction to Acro (ages 5+)
- Cheer Fun for All (ages 5-18)
- Little Ninja's Course (ages 4-8)
- Advanced Tricking & Agility (ages 9+)

Session 2- In Gym 1 & Gym 2

Fun Warm ups 3:00-3:10

Session 2 Clinics 3:10-3:35

Social Media Time 3:35-3:40

Gym 1:

- Parent Participation Jungle Gymnastics (ages 1- 2)
- Preschool Jungle Gymnastics (ages 3-4)
- Jumping Monkey's Tramp & Tumble (ages 3-5)
- Boys Rec. Swinging High Bar, Quad bars, & Tramp (ages 5-16)
- Girls Rec. Let's Balance on Beam (ages 5-16)
- Adv. Tumbling Let's Flip (must be able to do RO/BHS/Tuck)

Gym 2:

- Int.-Adv. Trampoline (ages 9+)
- Beg. Double Mini Tramp 2x the fun (ages 5-8)
- Acro Gymnastics Fun (ages 6+)
- Cheer Fun for All (ages 5-18)
- Adv. Ninja's Course (ages 9+)
- Beg. & Int. Tricking & Agility (ages 5-8)

How to sign up for a FREE Clinic:

1. Please sign up for 1 clinic per child (ages 1 year+) before 9/15. Open to the public, everyone welcome!
2. You can do this in the Main Office in Gym 1 at Central Coast Gymnastics.
3. Make sure you arrive at CCG's Rockin' Block Party celebrating National Gymnastics on Saturday, 9/16 to check in by 1:00 pm. Events starts right at 1:00! (See the NGD schedule on the opposite side).
4. On National Gymnastics Day 9/15 you can sign up for a 2nd clinic if they have not all filed when you check in!
5. Plan to stay the entire time, it's FREE FUN for EVERYONE!

CCG is located in SLO, just off S. Higuera Street at 21 Zaca Lane, #100 (Gym 1)