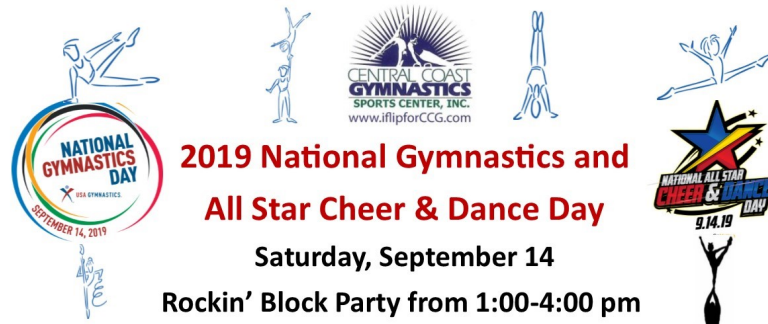




Join CCG for our
Annual 2019
National Gymnastics
and
All Star Cheer &
Dance Day
CCG is hosting a
“Rockin’ Block Party”
September 14
1:00—4:00 pm



**2019 National Gymnastics and
All Star Cheer & Dance Day**

Saturday, September 14

Rockin’ Block Party 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 8 mo. - 2)
- Preschool Jungle Gymnastics (ages 3-4)
- Beg. Tumbling Learn-A-Cartwheel (ages 5-15)
- Girls Rec. Let's Learn Beg. Bars (ages 5-13)
- Boys Rec. Hanging on the Rings, P-Bars, & Rod Fx (ages 5-13)
- Improve your Back Handspring (Required: must be able to do a BHS)

Gym 2:

- Beg. Trampoline Let's Bounce (ages 5 – 8)
- Int.-Adv. Double Mini Tramp (ages 9-16)
- Introduction to Acro (ages 5-16)
- Learn Cheer Skills (ages 5-18)
- Do the All Star Cheer Dance (ages 5-18)
- Little Ninja's & Tricking Course (ages 4-8)

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 8 mo. - 2)
- Preschool Jungle Gymnastics (ages 3-4)
- Jumping Monkey's Tramp & Tumble (ages 3-5)
- Boys Rec. Swinging High Bar, Quad bars, & Tramp (ages 5-13)
- Girls Rec. Let's Balance on Beam (ages 5-15)
- Adv. Tumbling -Let's Flip (Required: must be able to do RO/BHS/Tuck)

Gym 2:

- Int.-Adv. Trampoline (ages 9-15)
- Beg. Double Mini Tramp 2x the fun (ages 5-8)
- Acro Gymnastics Fun (ages 5-16)
- Learn Cheer Skills (ages 5-18)
- Do the All Star Cheer Dance (ages 5-18)
- Intmed. & Adv. Ninja's & Tricking Course (ages 9-15)

How to sign up for a FREE Clinic:

1. Please sign up for (1) clinic per child by 9/13 (check ages to be sure your child is in the correct age group). Open to the public, everyone welcome!
2. You can do this in the Main Office in Gym 1 at Central Coast Gymnastics, located at 21 Zaca Lane, Suite 100, in SLO..
3. Make sure you at CCG's Rockin' Block Party celebrating National Gymnastics on Saturday, 9/14 to check in by 1:00 pm. Events starts right at 1:00! (See the NGD schedule on the CCG webpage at www.iflipforCCG.com).
4. On National Gymnastics Day 9/14, you may 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!

Call CCG to sign up at (805)549-8408, stop by the Main Office in Gym 1 during business hours, or get learn more at www.iflipforCCG.com

CCG is located in SLO, just off the 101 freeway, off S. Higuera Street at 21 Zaca Lane, #100 (Gym 1)

Make sure to sign
up for (1) FREE
clinic per child.
We are also
giving away FREE
hot dog meals,
goodie bags, and a
ice cold treat!
Fun booths & special
Vendors inside &
out, giveaways, and
MORE!