



CCG Zoom REIMAGINED!

Gymnastics & Cheer

Rec Gymnastics- NEW CLASSES!	
Hanstand Workshop Mon 3:15-3:45pm	Designed for all athletes (ages 5+) that would like to learn and master a handstand with an awesome CCG Coach!
Cartwheel Workshop Tues 3:15-3:45pm	CCG's Rec Cartwheel Workshop is designed for all athletes (ages 5+) looking to learn & master a cartwheel SAFELY at home, with the guidance of a CCG coach.
Bridge-Kick-Over Workshop Wed 3:15-3:45pm	For all athletes (ages 5+) how to do a bridge kick over SAFELY at home with the help and guidance of a CCG Coach!
Round-Off Workshop Thurs 3:15-3:45pm	This class is designed for athletes (ages 5+) that can already do a cartwheel, and are looking to learn & master a round-off with the help of a CCG Coach!
Fwd Rolls, Bwd Rolls & Twisting Fri 3:15-3:45pm	In this class, your athlete (ages 5+) will learn & master different types of rolls to get them ready for flipping. They will also learn twisting drills, to one day apply to their flips in the gym.
Strength & Flex Workshop Sat 9:30-10:00am	THIS class is designed to increase your athlete's (ages 5+) strength & flexibility in order to physically prepare them for the skills that they complete while in the gym.
Preschool	
Wed 9:45-10:15am Sat 9-9:30am <small>*contact CCG Office for more class time requests</small>	Designed for preschoolers (ages 0-5), each class will introduce and solidify gymnastics terminology while interacting with an AMAZING CCG Coach! Through song & dance we aim to develop new skills and foster a love for movement while having a blast with friends over Zoom.
Trampoline & Tumbling- NEW ADDITIONS!	
Tues 2:15-2:45pm	Our T&T specialized class is designed for all athletes (ages 5+) that have a trampoline at home, and would like to learn trampoline safety, as well as beginner and advanced trampoline skills. This class aims to provide families with education to keep their kids safe on their at home trampolines during the pandemic.
Acrobatic Gymnastics	
Wed 2:30-3:00pm	<i>Acrobatic</i> Gymnastics is a partner sport that consists of balance and dynamic skills. Athletes of all experiences (ages 5+) that want to learn about the sport of acro, will safely learn introductory acro skills as well as tumbling basics.
Cheer Specialty Classes	
Flyer Flexibility Thurs 4:15-5:00pm	Designed for flyers in search of improving air awareness and flexibility, this class includes a combination of conditioning, stretching and drills. All levels and experience welcome!
Tumble Shapes & Drills Fri 4:00-4:45pm	For those who are missing tumbling at the gym, this class is perfect! Athletes will practice drills and shapes to strengthen and improve tumbling skills.
Strength & Conditioning Fri 5:00-5:45pm	The strength & conditioning zoom is designed for athletes of all levels looking to improve strength, endurance and overall fitness. Participating in this zoom, can greatly improve an athlete's performance in all other areas of gymnastics/cheer.

Steps to Enroll:

1. Sign into (or create new) a CCG Parent Portal here. (if you are a returning customer, simply click "forgot password to activate your account).
2. In your portal, you can "shop" in our class store: "CCG's Zoom Classes!" Simply choose whichever classes you would like to attend.
3. For new students, tuition is \$50 per child (if you place multiple zoom classes in your cart, you will be charged \$50 for the first class only). All new students will also pay a \$40 annual registration fee if they have not already.

NEW: For all currently enrolled students, all CCG Reimagined Zoom Classes are free for the month of October! Each enrolled student can access their Zoom link in their portal.

Steps to find your Zoom link:

1. Sign into your CCG Parent Portal at the time of any class you'd like to attend!
2. Your zoom links will appear in "Today's Class" on your homepage of your portal for each day there is a zoom class. You may join ANY of our zoom times offered!
3. All Class schedule information & zoom links are also in: "Family Info > Students" and select to view your child. You can then select to view your child's "current classes." Below each class listing you can click "Join Class" which will link you directly to our Zoom Class meeting at the time of the class!

Feel free to contact our office to enroll at info@iflipforCCG.com or call and leave a message for us at (805) 549-8408. We will get right back to you!