



National Gymnastics & All-Star Cheer Day

Celebrate with us from 1:00 – 4:00 pm

Session 1- 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 Roo's Gymnastics (ages 1- 2)
- Preschool Gymnastics Fun & Circuits (ages 3-4)
- Beg. Tumbling Learn-A-Cartwheel (ages 5-10)
- Girls Rec. Let's Do Beg. Bars (ages 5-10)
- Boys Rec. Hanging on the Rings & P-Bars (ages 5-16)
- Improve your Back Handspring (must be able to do a BHS)

Gym 2:

- Beg. Trampoline Let's Bounce (ages 5 – 9)
- Int.-Adv. Double Mini Tramp (ages 9-16)
- Introduction to Acro (ages 5-16)
- Cheer Stunts & Jumps (ages 5-16)
- Jumping Monkeys Preschool Tramp & Tumble (ages 3-4)
- Let's LEARN a Handstand (ages 4-6)

Session 2- 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 Roo's Gymnastics (ages 1- 2)
- Preschool Gymnastics Fun & Circuits (ages 3-4)
- Jumping Monkey's Preschool Tramp & Tumble (ages 3-4)
- Boys Rec. Swinging High Bar & Quad bars (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 9-16)
- Beg. Double Mini Tramp 2x the fun (ages 5-8)
- Acro Gymnastics Fun (ages 6-16)
- Cheer Fun for All (ages 5-16)
- Beg. Tumbling Learn-A-Cartwheel (ages 5-10)
- I want to Improve My Standing Back Tuck (must be able to do a back tuck or almost have one)

How to sign up for a FREE Clinic:

1. Please sign up for [1] clinic per child (ages 1 year+) between [9/1-9/14]. Open to the public, everyone welcome!
2. You can do this in the Main Office in Gym 1 at Central Coast Gymnastics by emailing info@iflipforCCG.com. Spaces are filled by first come – first served. If your requested clinic is already filled, please send us other options so we can secure you a spot immediately.
3. Make sure you arrive at CCG's Rockin' Block Party celebrating National Gymnastics & All-Star Cheer Day on Saturday, [9/16] to check in by 1:00 pm. The event starts right at 1:00! (See the NGD schedule on the opposite side).
4. On National Gymnastics & All-Star Cheer Day 9/16 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, enjoy the Rockin' Block Party, vendor booths, fun activities, Performances by CCG athletes, and free sessions, and its FREE FUN for EVERYONE!

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