

— CORPUS CHRISTI —
ATHLETIC CLUB
GYMNASTICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am – 10:00am					Starfish (4-5y)	Jumping Bunnies
10:00am -10:45am						Starfish (4-5y)
						Beg Gymnastics (5-7y)
10:00am –10:55am		Home School PE (A Kids Club Program)			The Tot Spot (Open Gym: walkers – 4y)	Beg Gymnastics
						Cheer Prep (MS/HS)
11:00am -11:45am					Minnows (3-4y)	Minnows (3-4y)
						Beg Tumbling (6-7y)
11:00am -11:55am						Beg Tumbling
						Cheer Prep (MS/HS)
	Team Gymnastics	Team Gymnastics	Team Gymnastics	Team Gymnastics	Team Gymnastics	
4:30pm - 5:15pm	Starfish (4-5y) Beg Gymnastics (5-7y)	Minnows (3-4y)	Starfish (4-5y) Beg Gymnastics (5-7y)	Minnows (3-4y) Beg Gymnastics (5-7y)	Starfish (4-5y) Beg Gymnastics (5-7y) Ninja's (5-7y)	
4:30pm - 5:25pm	Beg Gymnastics	Beg Tumbling Int Tumbling	Beg Gymnastics Int Gymnastics	Beg Gymnastics	Beg Gymnastics	
5:30pm - 6 :15pm	Minnows (3-4y) Beg Gymnastics (5-7y)	Starfish (4-5y) Beg Gymnastics (5-7y)	Minnows (3-4y) Beg Tumbling (6-7y)	Starfish (4-5y) Beg Gymnastics (5-7y)		Make-up classes must be made 24hrs in advance for availability purposes.
5:30pm -6:25pm	Boys Gymnastics Beg Gymnastics Int Gymnastics	Beg Gymnastics Adv Gymnastics Int Tumbling	Beg Tumbling Adv Tumbling	Boys Gymnastics Beg Gymnastics		
6:30pm - 7:15pm	Starfish (4-5y)	Beg Gymnastics (5-7y)	Starfish (4-5y) Beg Gymnastics (5-7y)		See CCAC App Gymnastics Calendar for other Gym Program Activities offered: Kids Open Gym Kids Night Out Adult Open Gym	
6:30pm - 7:25pm	Beg Gymnastics Beg Tumbling Adv Tumbling	Beg Gymnastics Int Gymnastics Adv Tumbling	Beg Gymnastics Adv Gymnastics Int Tumbling	Beg Tumbling Adv Tumbling		*All classes booked on a first come, first serve Basis!
7:30pm - 8:25pm	Adult Gymnastics	Cheer Prep (MS)		Cheer Prep (HS)		

SET UP YOUR CHILD'S FREE TRIAL CLASS TODAY!

For class pricing and registration information

Grace Verdeja | 361.257.0293 | gverdeja@ccathleticclub.com

Gymnastics Recreational classes

(skill level a factor for some classes)

Gymnastics Program

- Jumping Bunnies: Walking to ~3 yrs
- Minnows: 3-4 yrs
- Starfish: 4-5 yrs
- Beginner: 6-7 yrs
- Beginner: 8 yrs & up
- Intermediate: Skill Eval Required
- Advanced: Skill Eval Required

Tumbling Program

- Beginner: 6-7 yrs
- Beginner: 8 yrs & up
- Intermediate: Skill Eval Required
- Advanced: Skill Eval Required
- Cheer Prep: Skill Eval Required

Ninja Program

- CCAC Lil' Ninja: 4-7 yrs
- CCAC Ninja's: 7-9 yrs

Difference between CCAC programs

Gymnastics: use all apparatuses: Bars, Vault, Beam, Floor

Tumbling: uses Floor and Floor Stations

CCAC Ninja's: uses Floor, Floor Stations, Bars, and Ninja Zone equipment

Competitive Gymnastics Program

(Team Instructors determine class/level)

- Pre Team - Hotshots & Level 1
- Compulsory Team - Level 4 & 5

Developmental Team - Level 2 & 3

Gymnastics Department Hours

Monday – Thursday: 9:00a – 12p & 2:00p – 8:00p

Friday: 9:00a – 12:00p & 2:00p – 6:30p

Saturdays: 9:00a – 12:00p