

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am – 9:45am					Pre-School Gymnastics (3-5y)	Jumping Bunnies
10:00am – 10:45am						Pre-School Gymnastics (3-5y)
10:00am – 10:55am		Home School PE (A Kids Club Program)			The Tot Spot (Open Gym: walkers – 4y)	Beg Gymnastics (5-7y) Beg Gymnastics
						Cheer Prep
11:00am – 11:45am					Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)
11:00am – 11:55am						Beg Tumbling: Limbers
						Cheer Prep
	Team Gymnastics	Team Gymnastics	Team Gymnastics	Team Gymnastics	Team Gymnastics	
4:30pm – 5:15pm	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	
4:30pm – 5:25pm	Beg Gymnastics (5-7y) Beg Gymnastics	Beg Gymnastics (5-7y)	Beg Gymnastics (5-7y)	Beg Gymnastics (5-7y)	Beg Gymnastics (5-7y)	
	Beg Tumbling: Limbers	Beg Tumbling: Limbers Int Tumbling: Walkovers	Beg Gymnastics Int Gymnastics	Beg Gymnastics	Beg Gymnastics Ninja's (5-7y)	
5:30pm – 6 :15pm	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)		
5:30pm – 6:25pm	Beg Gymnastics (5-7y) Beg Gymnastics Boys Gymnastics Int Gymnastics	Beg Gymnastics (5-7y) Beg Gymnastics Adv Gymnastics	Beg Tumbling: Limbers Adv Tumbling: Handsprings+	Beg Gymnastics (5-7y) Beg Gymnastics Boys Gymnastics Int Gymnastics		Make-up classes must be made 24 hours in advance for availability purposes.
		Int Tumbling: Walkovers		Beg Tumbling: Limbers	See CCAC App	No class drop-ins available.
6:30pm – 7:15pm	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)		for other Gym Programs	
6:30pm – 7:25pm	Beg Gymnastics (5-7y) Beg Gymnastics	Beg Gymnastics (5-7y) Beg Gymnastics Int Gymnastics	Beg Gymnastics (5-7y) Beg Gymnastics Adv Gymnastics	Beg Gymnastics	Kids Open Gym Kids Night Out Adult Open Gym	*All classes booked on a first come basis!*
	Beg Tumbling: Limbers Adv Tumbling: Handsprings+	Adv Tumbling: Handsprings+	Int Tumbling: Walkovers	Beg Tumbling: Limbers Adv Tumbling: Handsprings+		
7:30pm – 8:25pm	Adult Gymnastics	Cheer Prep		Cheer Prep		

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

Pre-School Gymnastics: 3-5yrs

Beginner: 5-7 yrsBeginner: 8 yrs & up

Intermediate: Skill Eval Required

Advanced: Skill Eval Required

Tumbling Program

- Beginner (Limbers): 6 yrs & up
- Intermediate (Walkovers): Skill Eval Required
- Advanced (Handsprings+): Skill Eval Required
- Cheer Prep (MS/HS): Skill Eval Required

Ninja Program

CCAC Lil' Ninja: 4-7 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

Developmental Team - Level 2 & 3

• Compulsory Team - Level 4 & 5

Gymnastics Department Pricing:

Jumping Bunnies: \$50/month

Pre-School Gymnastics: \$55/month

Gymnastics/Tumbling/Cheer Prep: \$60/month

20% off for second same class enrollment

