CORPUS CHRISTI ATHLETIC CLUB GYMNASTICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am – 9:45am						Jumping Bunnies
10:00am – 10:45am						Pre-School Gymnastics (3-5y)
10:00am – 10:55am					The Tot Spot (Open Gym: walkers – 4y)	Beg Gymnastics (5-7y) Beg Gymnastics
						Acro Dance Skills
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)		
4:30pm – 5:25pm	Beg Gymnastics (5-7y)	Beg Gymnastics (5-7y)	Beg Gymnastics (5-7y)	Beg Gymnastics (5-7y)		
	Beg Gymnastics	Beg Tumbling: Limbers	Int Gymnastics	Beg Gymnastics		
5:30pm – 6 :15pm	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)	Pre-School Gymnastics (3-5y)		**Make-up classes must be made 24 hours in advance for availability purposes.**
5:30pm – 6:25pm	Beg Gymnastics (5-7y) Beg Gymnastics Boys Gymnastics Int Gymnastics	Beg Gymnastics (5-7y) Beg Gymnastics Adv Gymnastics	Beg Gymnastics (5-7y) Beg Gymnastics	Beg Gymnastics (5-7y) Beg Gymnastics Boys Gymnastics Int Gymnastics		
	Beg Tumbling: Limbers	Int Tumbling: Walkovers	Beg Tumbling: Limbers Adv Tumbling: Handsprings+	Int Tumbling: Walkovers	**See CCAC App**	
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		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

Sept 2025

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 yrs
- Beginner: 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
- Arco: Skill Eval Required

Difference between CCAC programs

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

Tumbling: uses Floor, Floor Stations, and Trampoline

Competitive Gymnastics Program

(Team Instructors determine class/level)

- Pre Team - Level 1 and Level 2
- Compulsory Team - Level 4 & 5

Developmental Team – Level 2& 3
Optional Team – Level 6 and up

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

CORPUS CHRISTI
ATHLETIC CLUB
GYMNASTICS