

Co-ed Mini Champs (Ages 3-5)

Our co-ed Mini-Champs class is the perfect transition to help your toddler get ready for preschool. This fun, fast-paced class focuses on accumulating the ability to overcome all obstacles, both mental and physical. It also includes the development of great social skills, as well as learning the fundamentals of gymnastics so your toddler has the foundation to become an all around amazing person.

Designed to match a preschooler's boundless energy, children will be able to experience all the traditional gymnastics equipment along with obstacle courses and circuits to enhance motor development and eye-hand coordination.

In this class, various activities are also designed to burn off energy and keep your champion excited and interested as they learn and interact with others!

Please note that we also have a **Boys Mini Champs** class where the focus is on boys gymnastics skills and equipment.

2022 SKILL DEVELOPMENT TRAINING SESSIONS

GIRLS MINI CHAMPS

Preschool Class for ages 3-5, designed to promote physical, social and cognitive development. Curriculum focuses on age-appropriate gymnastics activities that foster balance, coordination, core strength, motor planning, bilateral awareness and flexibility.

VAULT

Straight Jump on Board to Mat
Hands on Straddle on Trapezoid
Jump Up to Panel Mat, Jump Off
Stick
Bounce, Bounce Forward Roll
5 Donkey Kicks

BEAM

Jump to Support Hold 5 Seconds
Forward Walks
Sideways Walks
Tuck Stand, Stand Up
Bear Crawl
Hops Across Beam
Forward Kicks

BARS

Tuck Hand/Swing 5 seconds
Front Support Hold 5 seconds
3 Leg Swings (casts)
Spotted Roll Through (Skin the
Cat)
Chin Hold 5 seconds
Monkey Walks

FLOOR

Lever to T
Cartwheel over Panel
Forward Roll Down Cheese
Backward Roll Down Cheese
Handstand Against Cheese,
Hold 5 seconds
Straight Jump
Bridge
Forward Kicks

STRENGTH/FLEXIBI LITYSHAPES

Push Up Position
Hollow Position
Arch Position
Tuck Sit
Pike Sit
Straddle Sit



COED MINI CHAMPS

For boys and girls 3-5 years old
45 minutes

Schedule

Monday: 3:00p, 4:00p, 5:00p
Tuesday: 11:00a, 3:00, 4:00
Wednesday: 3:00p, 5:00p
Thursday: 11:00a, 3:00p, 4:00p, 5:00p
Friday: 3:00p, 4:00p
Saturday: 9:00a, 10:00a, 11:00a,
12:00p, 1:00p
Sunday: 9:00a, 10:00a, 11:00a

Monthly Cost

Annual Family Membership Fee: \$72
1x per week: \$100
2x per week: \$160
3x per week: \$200

**IF YOU ARE NEW ATHLETE TO CGC YOUR
FIRST MONTH FREE TUITION WITH \$35
REGISTRATION FEE**