

Our qualified staff believes that every child is full of possibilities and it is our goal to create a fun, safe environment in which they can discover and grow!

## CLASSES & EVENTS

Tumble Bee Gymnastics  
Girls Gymnastics Classes  
Boys Gymnastics Classes  
Competitive Team Gymnastics  
Ninjas  
Flipz



School Closing Day Camps  
Birthday Parties  
Summer Camps  
Kid's Night Out  
Open Gym  
Private Lessons



*Happy  
Healthy  
Confident*



For more information visit:  
[www.teamcentral.org](http://www.teamcentral.org)

# Team Central Gymnastics

## 2019-2020 Class Schedule



### SCHEDULE OF CLASSES

AUGUST 5, 2019-MAY 23, 2020

2675 Metro Blvd.  
Maryland Heights, MO 63043

**(314) 291-0101**

[tcga@teamcentral.org](mailto:tcga@teamcentral.org)  
[www.teamcentral.org](http://www.teamcentral.org)



## 2019-2020 DATES

August 5, 2019 through May 23, 2020

CLASS TUITION (MONTHLY RATES)	
30 Minutes (Toddler)	\$39.00
50 Minutes	\$87.00
80 Minutes	\$123.00
2 Kids, 50 Minutes	\$156.60
2 times/ week at 50 Minutes	\$156.60
Yearly Registration Fee/One Child	\$45.00
Yearly Registration Fee/Family	\$61.00



### OPEN GYMS

#### TUMBLE BEE OPEN GYM

Saturday 12:10-1:00pm  
Held last Saturday each month  
\$6/ Ages 2 yrs.-Kindergarten

#### 1ST GRADE & UP OPEN GYM

Saturday 12:10-1:00pm  
\$6/ Ages 1st Grade & Above

#### TEEN OPEN GYM

Wednesday 8:30-9:50pm  
\$8/ Ages 13 & Up

#### ADULT OPEN GYM

Tuesday 8:30-9:50pm  
\$8/ Ages 18 & Up

## INTRODUCING OUR STAFF

Executive Director/ Gym Manager: Ray Overmann

Asst. Gym Manager: Sharon Phillips

Tumble Bee Director: Sammi Ballard

Girls Gymnastics Director: Chastity Ballard

Team Director: Tom Stevens

XCEL Team Director: Jennifer Anderson

Ninja Director: Evan Rose

Marketing Director: Samantha Newman

Birthday Party Coordinator: Chastity Ballard

Office Manager/Bookkeeping: Sharon Phillips

Office Assistants: Chris Ampleman, Karen Meyer

**HOW TO REGISTER:** You can register in person or go to our website, [teamcentral.org](http://teamcentral.org). You can register via our parent portal. If the class you desire is full, we will place your child's name on our waiting list for the next available opening.

**PAYMENT PROCEDURE** - Our method of collecting payments has changed to a MONTHLY AUTOPAY SYSTEM. We will require a credit card number to be on file that will allow us to charge your monthly payment on the last business day of every month.

**FAMILY DISCOUNT:** Families with more than one child in the program will receive a 20% discount on 2nd sibling and 30% off 3rd sibling. (4th child receives 50% off).

**\$\$ MONEY BACK GUARANTEE \$\$** - We offer the following guarantee because we believe we have the best children's program in the St. Louis Metropolitan area. If you are not completely satisfied after your first four weeks, we will cheerfully refund 100% of your fee for the entire session, no questions asked! (New members only)

#### **EQUAL TREATMENT OF CUSTOMERS**

It is the policy of Team Central to provide instruction, services, merchandise and products to our customers on an equal opportunity basis without regard to race, color, religion, sex, marital status, handicap, national origin or age.

# SCHEDULE OF CLASSES: August 5, 2019 through May 23, 2020

## TUMBLE BEES: Ages Toddler—Kindergarten

### Parent Toddler (Toddler—3 years)

Tuesday: 4:30-5:00pm  
 Thursday: 4:30-5:00pm  
 Saturday: 9:00-9:50am

### Young 3 Year Olds: 50 Minutes

Tuesday: 5:15-6:05pm  
 Thursday: 4:30-5:20pm  
 Thursday: 5:15-6:05pm

### 3-4 Year Olds: 50 Minutes

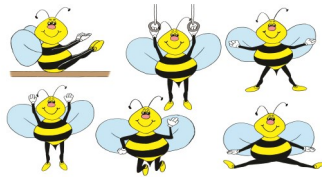
Monday: 4:30-5:20pm  
 Monday: 5:30-6:20pm  
 Tuesday: 10:30-11:20am  
 Tuesday: 4:30-5:20pm  
 Tuesday: 5:15-6:05pm  
 Tuesday: 6:15-7:05pm  
 Wednesday: 5:15-6:05pm  
 Thursday: 5:15-6:05pm  
 Saturday: 9:00-10:00am  
 Saturday: 10:00-10:50am  
 Saturday: 11:00-11:50am

### 4 1/2-Pre-5 Year Olds: 50 Minutes

Monday: 6:30-7:20pm  
 Tuesday: 10:30-11:20am  
 Tuesday: 5:15-6:05pm  
 Wednesday: 5:15-6:05pm  
 Wednesday: 6:15-7:05pm  
 Thursday: 5:15-6:05pm  
 Thursday: 6:15-7:05pm  
 Thursday: 7:15-8:20pm  
 Saturday: 10:00-10:50am  
 Saturday: 11:00-11:50am

### KinderBees: 50 Minutes

Monday: 4:30-5:20pm  
 Monday: 5:30-6:20pm  
 Tuesday: 6:15-7:05pm  
 Wednesday: 6:15-7:05pm  
 Wednesday: 7:15-8:05pm  
 Thursday: 6:15-7:05pm  
 Saturday: 9:00-9:50am  
 Saturday: 10:00-10:50am  
 Saturday: 11:00-11:50am



**CARDINAL POWER KIDS:** Modified movement and gymnastics program for children who have developmentally delays and/or physical challenges and are at least 4 years old.

Cardinal Power Open Gym—call for times or check out our website. You are welcome to try the first Open Gym at **no charge** and instructor will evaluate. Cost is \$5.00.

Friday 5:00-5:50pm

## GIRLS GYMNASTICS: Ages 1st Grade & Up

### Beginner: 50 Minutes

Tuesday: 5:00-5:50pm  
 Wednesday: 7:00-7:50pm  
 Saturday: 10:15am-12:05pm

### Advanced Beginner: 50 minutes

Monday: 5:15-6:05pm  
 Monday: 6:15-7:05pm  
 Tuesday: 5:00-5:50pm  
 Tuesday: 6:00-6:50pm  
 Thursday: 5:00-5:50pm  
 Thursday: 6:00-6:50pm  
 Saturday: 11:15am-12:05pm

### Advanced Beginner/Intermediat:50 minutes

Wednesday: 4:30-5:20pm  
 Wednesday: 7:00-7:50pm

### Girls 10 years & up class

(Beginner, Adv. Beg & Intermediate levels)  
 Wednesday: 5:30-6:20pm

### Intermediate: 50 minutes

Monday: 5:15-6:05pm  
 Tuesday: 6:00-6:50pm  
 Thursday: 6:00-6:50pm  
 Saturday: 11:15am-12:05pm

### Level 1: 80 Minutes

Monday: 6:30-7:50pm  
 Saturday: 10:00-11:20am

### Level 1 & 2: 80 Minutes

Wednesday: 5:30-6:50pm  
 Thursday: 7:00-8:20pm

### Level 2 & 3: 80 Minutes

Monday: 5:00-6:20pm  
 Tuesday: 7:00-8:20pm  
 Wednesday: 5:30-6:50pm  
 Thursday: 7:00-8:20pm

## HOMESCHOOL: Ages 3 & Above

### Preschool Gymnastics 3-5 years

Tuesday: 12:00-12:50pm

### Boys & Girls Gymnastics 6 yrs & up

Tuesday: 12:00-12:50pm



# SCHEDULE OF CLASSES: August 5, 2019 through May 23, 2020

## NINJAS: Ages 4-teens

This class is training in obstacle course running with aspects of gymnastics, tumbling, and physical fitness. To provide an outstanding opportunity for children to engage in a "Good for Kids" experience. TC Ninjas develop physical fitness and enriches self-worth as the students learn new skills in a fun and safe environment. Check out our ninja competition optional opportunities, too!



### Ninja Kids (ages 4-6)

Monday: 4:30-5:20pm  
 Monday: 6:30-7:20pm  
 Wednesday: 6:30-7:20pm  
 Thursday: 4:30-5:20pm  
 Thursday: 5:30-6:20pm

### Ninja Beginner 1st Grade & Up

Monday: 4:30-5:20pm  
 Monday: 5:30-6:20pm  
 Wednesday: 4:30-5:20pm  
 Wednesday: 5:30-6:20pm  
 Thursday: 4:30-5:20pm  
 Thursday: 6:30-7:20pm

### Ninja Advanced Beginner 1st Grade & Up

Monday: 5:30-6:20pm  
 Monday: 6:30-7:20pm  
 Wednesday: 4:30-5:20pm  
 Wednesday: 6:30-7:20pm  
 Thursday: 5:30-6:20pm  
 Thursday: 6:30-7:20pm

### Ninja Intermediate 1 & 2 1st Grade & Up

Monday: 7:30-8:20pm (Int. 1 & 2)  
 Wednesday: 5:30-6:20pm (Int. 1 & 2)  
 Thursday: 7:30-8:20pm (Int. 1 & 2)

### Ninja Advanced 1st Grade & Up

Wednesday: 7:30-8:20pm

### Ninja Homeschool

Wednesday: 11:30am-12:20pm (ages 4-6)  
 Wednesday: 12:30-1:20pm (ages 6 & up)  
 Wednesday: 1:30-1:20pm (ages 6 & up)

## TC FLIPZ: Ages 1st Grade & Above

FLIPZ takes tumbling to new levels with high energy, skill building programs designed to increase form, speed and power!

Handstands	Cartwheels	Roundoffs	Walkovers	Handsprings
Tucks	Ariels	Layouts	Twists	& more.....

### Level 1 Beginner

Tuesday: 5:30-6:20pm  
 Thursday: 5:30-6:20pm

### Level 1 Advanced \*

Tuesday: 6:30-7:20pm  
 Thursday: 6:30-7:20pm

\*Tumblers should have mastered cartwheel, roundoffs & handstands to bridge.

### Handspring 101\*\*

Tuesday: 7:30-8:20pm  
 Thursday: 7:30-8:20pm

\*\*Tumblers should have mastered a front and back walkover

## BOYS GYMNASTICS: Ages 1st Grade & Above

### Beginner/Advanced Beginner

Saturday: 10:00-10:50am

### Intermediate

Saturday: 11:00-12:20pm

