

SIGN UP FOR SUMMER AND PERFORM ON THE FIELD AT BUSCH STADIUM!

Save the Date....Come perform on the field at Busch Stadium on Friday August 11th.

Each summer since 1991, Olympiad Gymnastics, Team Central & Spirit Elite athletes charged the field of Busch Stadium and performed at our spectacular St. Louis Cardinals Pre-game Performance. This August 2017, we will be returning to the field and partnering with the St. Louis Cardinals to bring back our ever popular and exciting pre-game performance.

All summer students ages 3-1/2 and older will be able to jump, flip, tumble, and dance their way into a memorable experience of a lifetime. After all it's not every day you get to perform on the same field as the [World Champion St. Louis Cardinals](#).

This "remarkable" and "electrifying" summer event has proven to be a favorite for kids & families alike. Following the performance with other Olympiad, Team Central & Spirit Elite members, join the staff to rally the St. Louis Cardinals to victory against the Atlanta Braves. We invite you and your family to join us this August.



For more information visit:
www.teamcentral.org



Team Central Gymnastics

☆ 2017 SUMMER SCHEDULE



CELEBRATING 25 YEARS

2675 Metro Blvd
Maryland Heights, MO 63043

(314) 291-0101

tcga@teamcentral.org

www.teamcentral.org



2017 DATES
June 5-July 29

CLASS TUITION (MONTHLY RATES)	
30 Minutes (Toddler)	\$37.00
50 Minutes	\$82.00
80 Minutes	\$116.00
2 Kids, 50 Minutes	\$147.60
2 times/ week at 50 Minutes	\$147.60
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Yearly Membership Fee/One Child	\$44.00
Yearly Membership Fee/Family	\$59.00

FLEX PROGRAM

Effective Summer 2016, the Flex Program changed. We will offer our flex plan up to two weeks pro-rated tuition for vacation purposes. Please notify us of vacation dates at time of registration.

OPEN GYMS

TUMBLE BEE OPEN GYM

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

TEEN OPEN GYM

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

OPEN GYM

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

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: Sarah Catanzaro
 Girls Gymnastics Director: Chastity Ballard
 Ninja Director: Chris Swartz
 Junior Olympic Team Director: Tom Stevens
 XCEL Team Director: Jennifer Anderson
 Marketing Director: Samantha Newman
 Birthday Party Coordinator: Chastity Ballard
 Office Manager/Bookkeeping: Sharon Phillips
 Office Assistants: Chris Ampleman, Karen Meyer & Lynise Baker
 Special Events Director: Holly Collector

HOW TO REGISTER: You can register in person or go to our website, 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 - We now have autopay/credit card on file.

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

TUMBLE BEES: Ages Toddler—Kindergarten

Parent Toddler (Toddler—3 years),

Tuesday: 10:30-11:20am

Tuesday: 4:30-5:00pm

Saturday: 9:00-9:50am

Young 3 Year Olds: 50 Minutes

Tuesday: 5:15-6:05pm

Saturday: 10:00-10:50am

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

Wednesday: 5:15-6:05pm

Thursday: 5:15-6:05pm

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: 5:15-6:05pm

Wednesday: 5:15-6:05pm

Thursday: 5:15-6:05pm

Thursday: 6:15-7:05pm

Saturday: 10:00-10:50am

Saturday: 11:00-11:50am

Kindergarten: 50 Minutes

Monday: 4:30-5:20pm

Monday: 5:30-6:20pm

Tuesday: 6:15-7:05pm

Wednesday: 6:15-7:05pm

Thursday: 6:15-7:05pm

Saturday: 11:00-11:50am

GIRLS GYMNASTICS: Ages 1st Grade & Up

Beginner: 50 Minutes

Monday: 5:15-6:05pm

Tuesday: 5:00-5:50pm

Tuesday: 7:00-7:50pm

Wednesday: 5:30-6:50pm (10 yrs & up)

Wednesday: 7:00-8:20pm

Thursday: 6:00-6:50pm

Saturday: 11:15am-12:05pm

Intermediate

Monday: 6:15-7:05pm

Tuesday: 6:00-6:50pm

Wednesday: 4:30-5:20pm

Wednesday: 7:00-7:50pm

Thursday: 5:00-5:50pm

Thursday: 7:00-7:50pm

Saturday: 10:15-11:05am

Saturday: 11:15am-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

Wednesday: 7:00-7:50pm

Thursday: 5:00-5:50pm

Thursday: 6:00-6:50pm

Saturday: 10:15-11:05pm

Level 1: 80 Minutes

Monday: 6:30-7:50pm

Wednesday: 5:30-6:50pm

Thursday: 7:00-7:50pm

Saturday: 10:30-11:50am

Level 2 & 3: 80 Minutes

Monday: 5:00-6:20pm

Tuesday: 7:00-8:20pm

Wednesday: 5:30-6:50pm



CARDINAL POWER KIDS: Modified program for children who have developmentally delays and/or physical challenges. Ages 4+.

Cardinal Power Open Gym is every Saturday, 8:00-8:50am. You are welcome to try the first Open Gym at **no charge** and instructor will evaluate. The cost is \$6.00.

Friday 5:00-5:50 PM

Saturday 9:00-9:50AM

HOMESCHOOL

Preschool 3-5 years

Tuesday: 12:00-12:50pm

Thursday: 12:30-1:20pm

Progressive Boys & Girls 6 yrs & up

Tuesday: 12:00-12:50pm

Thursday: 12:30-1:20pm

Homeschool Ninjas Class—Wednesdays 12:30-1:20pm & 1:30-2:20pm

*Happy
Healthy
Confident*



SCHEDULE OF CLASSES

NINJAS

This class is a combination of gymnastics, obstacle course training, tumbling, physical fitness and martial arts. 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.



Ninja Kids (ages 4-6 yrs)

Monday: 4:30-5:20pm
Monday: 6:30-7:20pm
Wednesday: 11:30-12:20pm
Wednesday: 5:30-6:20pm

Ninja Kids (Kindergarten)

Thursday: 5:30-6:20pm

Ninja Beginner

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

Ninja Advanced Beginner

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

Ninja Intermediate 1 & 2

Monday: 7:30-8:20pm
Wednesday: 6:30-7:20pm
Thursday: 7:30-8:20pm

Ninja Advanced

Wednesday: 7:30-8:20pm

TC FLIPZ TUMBLING

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 Aerials LayoutsTwists & more.....

Level 1 Beginner

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

Handspring 101**

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

Level 1 Advanced *

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

*Tumblers should have mastered cartwheel, roundoffs & handstands

**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

