

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

Preschool Gymnastics
Girls Gymnastics Classes
Boys Gymnastics Classes
Competitive Team Gymnastics
Flipz
Ninjas



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

Team Central Gymnastics

2017 Class Schedule



SCHEDULE OF CLASSES

2675 Metro Blvd
Maryland Heights, MO 63043

(314) 291-0101

tcga@teamcentral.org
www.teamcentral.org



2017 DATES

January 2 through May 27, 2017

CLASS TUITION (MONTHLY RATES)	
30 Minutes(Toddler)	\$35.00
50 Minutes	\$79.00
80 Minutes	\$112.00
2 Kids, 50 Minutes	\$142.20
2 times/ week at 50 Minutes	\$142.20
Yearly Membership Fee/One Child	\$44.00
Yearly Membership Fee/Family	\$59.00



OPEN GYMS

PRESCHOOL OPEN GYM

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

PROGRESSIVE 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

Preschool Director: Sarah Catanzaro

Progressive Director: Chastity Ballard

Ninja Director: Sarah Catanzaro

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 - Please make all financial transactions by cash, check or credit card made payable to Team Central.

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

PRESCHOOL: 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: 9:00-9:50am
 Saturday: 10:00-10:50am

3-4 Year Olds: 50 Minutes

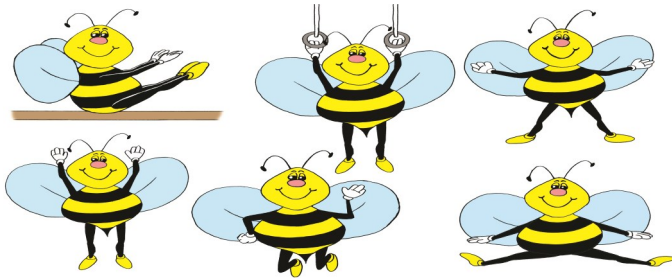
Monday: 4:30-5:20pm
 Monday: 5:30-6:20pm
 Tuesday: 10:30-11:20am
 Tuesday: 4:30-5:20pm
 Wednesday: 10:30-11:20am
 Wednesday: 5:15-6:05pm
 Thursday: 5:15-6:05pm
 Saturday: 10:00-10:50am
 Saturday: 11:00-11:50pm

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

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



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

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 & 6:00-6:50PM

SATURDAY 9:00-9:50AM

PROGRESSIVE GIRLS: Ages 1st Grade & Up

Beginner/Adv. Beginner: 50 Minutes

Monday: 5:15-6:05pm
 Monday: 6:15-7:05pm
 Monday: 7:15-8:05pm
 Tuesday: 5:00-5:50pm
 Tuesday: 6:00-6:50pm
 Tuesday: 7:00-7:50pm
 Wednesday: 7:00-7:50pm
 Wednesday: 7:00-8:20pm (10 & up)
 Thursday: 5:00-5:50pm
 Thursday: 6:00-6:50pm
 Saturday: 10:15-11:05am
 Saturday: 11:15-12:05pm

Intermediate: 50 minutes

Monday: 5:15-6:05pm
 Tuesday: 6:00-6:50pm
 Wednesday: 4:30-5:20pm
 Wednesday: 5:30-6:50pm (10 years & up—Intermediate—Level 2)
 Wednesday: 7:00-7:50pm
 Thursday: 5:00-5:50pm
 Saturday: 10:15-11:05pm
 Saturday: 11:15-12:05pm

Level 1: 80 Minutes

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

Level 2 & 3: 80 Minutes

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



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



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)

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

Ninja Kids (Kindergarten)

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

Ninja Beginner

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

Ninja Homeschool

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

TC FLIPZ

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
 Wednesday: 7:15-8:05pm
 Thursday: 6:30-7:20pm

*Tumblers should have mastered cartwheel, roundoffs & handstands

Handspring 101**

Tuesday: 7:30-8:20pm
 Thursday: 7:30-8:20pm
 Friday: 7:00-7:50pm

**Tumblers should have mastered a front and back walkover

PROGRESSIVE BOYS : Ages 1st Grade & Above

Beginner/Advanced Beginner

Saturday: 10:00-10:50am

Intermediate

Saturday: 11:00-12:20pm

