

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

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
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. 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

Transition (2 1/2-3 1/2 years) 50 Minutes

Tuesday: 5:15-6:05pm
Thursday: 4:30-5:20pm
Saturday: 9:00-9:50am

3-4 Year Olds: 50 Minutes

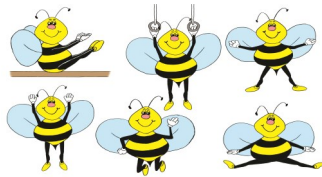
Monday: 4:30-5:20pm
Monday: 5:30-6:20pm
Tuesday: 10:30-11:20am
Tuesday: 4:30-5:20pm
Tuesday: 5:15-6:05pm
Tuesday: 6:15-7:05pm
Wednesday: 5:15-6:05pm
Thursday: 5:15-6:05pm
Saturday: 9:00-10:00am
Saturday: 10:00-10:50am
Saturday: 11:00-11:50am

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
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
Thursday: 6:15-7:05pm
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

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

Advanced Beginner: 50 minutes

Monday: 5:15-6:05pm
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/Intermediate: 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

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

