

December



Gymnastics and Sports Center Open Gyms

Every Wednesday and Friday

10:15-11:30am

Holiday Break

December 19-23

10:15-11:30am and 3:15-4:30pm

December 26-30

10:15-11:30am and 1:00-2:15pm

Family Night Open Gyms

Saturday December 3 and 10

5:30-7:00pm

The sports and gymnastics center will be open for families.

This is a family event; children should not be dropped off. \$5 per child.

Junior High Open Gym

Saturday December 3 and 10

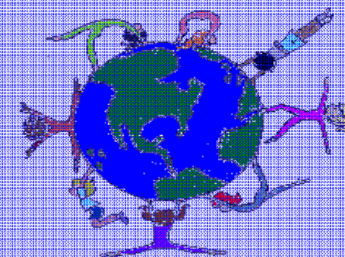
7:00-8:30pm

Sports and gymnastics center will be available for Jr High only 6-7-8 grades.

\$5 per person, Parents must sign in before drop off or a wavier can be used.

WINTER BROCHURE

JANUARY 2 - FEBRUARY 25



**CARY GYMNASTICS,
DANCE &
CG SPORTZ CENTER**

WWW.CARYGYMNASTICS.COM

WWW.CGSPORTZ.COM



Starting this January.

"Kickball"

Holiday Sports Camp

December 19-22 Monday thru Thursday

1:00 - 3:00PM

Girls and boys Ages 4-10 (will be split into groups)

\$60.00 per child

This is an all sports camp. Gymnastics, soccer, basketball, volleyball, and karate are just some of the sports the children will be involved in over the course of the camp.

Flip Flop Clinics

Tuesday, December 27 2:30 - 4:30

Wednesday, December 28 2:30 - 4:30

Thursday, December 29 2:30 - 4:30

Girls and boys Ages 7-13 (will be split into groups)

\$15.00 per day or

\$40.00 all three days

Learn and practice the skills and progressions of a back handspring.

Baseball/Softball, Hitting/Pitching Clinics

Tuesday, December 27 2:30 - 4:30 Baseball Boys

4:30 - 6:30 Softball Girls

Wednesday, December 28 2:30 - 4:30 Baseball Boys

4:30 - 6:30 Softball Girls

Thursday, December 29 2:30 - 4:30 Baseball Boys

4:30 - 6:30 Softball Girls

\$15.00 per day or

\$40.00 all three days Ages 8 -13



Take 1/2 off a gymnastics or tumbling class during Winter Session when registered for the dance program

Cary Gymnastics, Dance & CG Sportz Center

Phone 847/516-1064 Fax 847/516-0274

Registration Form

Last Name _____

Parent's Name _____

Address _____

City _____

Zip _____

Home Phone _____

Cell _____

Email: _____

Participant	Class	Day	Time	Birthday	Price

One make up class per session per child when available. Please call to reserve. No make up classes for dance, fitness or karate.

Please note, no refunds after the first week of classes.

\$10.00 processing fee will be charged for refunds!

Sub-Total _____

New member fee \$25.00 per child, \$50 max per family _____

New member fee does not apply towards fitness or karate

Total Payment Due _____

Mail, fax, or drop off your registration and payment as soon as possible to ensure your child's spot in class. We will only contact you if your child **did not** get into his/her class. Make checks payable to Cary Gymnastics Center.

Check

Visa

MasterCard

Credit Card # _____

Exp. date _____

Participant specifically assumes all risks of injury arising out of his or her presence on or about the premises, or his/her use or intended use of equipment or facilities, or his/her participation in the activities of Cary Gymnastics Center, on or about the premises or at another location and does hereby for himself or herself, his or her heirs, executors and administrators waive, release and agree to hold free all claims for damages, the Cary Gymnastics Center, and all its respective officers and employees.

Parent or Guardian's Signature _____

Date _____

Take 1/2 off the second gymnastics or tumbling class for the same child during the same session.

Birthday Parties

Let us help you celebrate a great party with a variety of options for each age group. Some activities include; instructor lead activities through obstacle courses, balance beam noodle battles, races into the loose foam pit, cube dodge ball, hide and seek, and open free play. All activities are supervised. To hold your spot, you must have a signed contract with a \$50 non-refundable deposit. All children must have a signed waiver card to participate. Parties are held on Saturdays starting at 12:30pm, or 2:30pm. Book your party early to ensure a spot.

Parties run an hour and a half long. One hour of the chosen activity and a half an hour of the party room.

\$150 for 10 children or less

\$10 each additional child up to 20

\$5 each additional child after 20 children.

Party Activities to choose from:

Gymnastics

Dance

Sports

Cheer

Or

Battlefield (by Focus Martial Arts)

Play Groups

Can be held on Monday, Tuesday, Wednesday, or Thursday of any given week from 11:15am - 12:15pm.

\$5.00 per child. Minimum of 10 children.

Call to reserve a time for your group. (847) 516 - 1064

Gymnastics Open Gym

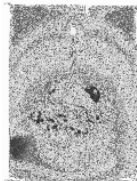
\$5.00 per child

Children under 5 must be supervised by an adult.

Wednesday 10:15am - 11:30am

Friday 10:15am - 11:30am

No School Open Gym - Check the website.



WWW.CARYGYMNASTICS.COM

Cary Gymnastics Private Lessons

Lessons are purchased in groups of 4 lessons

1 person private lesson for 4 hours \$240 per person

2 people private lesson for 4 hours \$120 per person

3 people private lesson for 4 hours \$100 per person

4-8 people private lesson for 4 hours \$80 per person

Private lessons are intended as a supplement for regular classes. Lessons focus on a specific achievable goal in mind. Please specify if you have a group or if you would like to be matched up with a group.

Lessons are taught in packages of 4 hours. Once days and times have been agreed upon, there will be **no make up or refunds**. Request forms are available in the gym.

Make up and refund policy.

As a courtesy, we allow one make up per session when available. You must call ahead and reserve a spot before coming. All make ups must be done within the current session. **There will be no refunds after the first week of classes.** No refunds for special events or camps.

Cary Gymnastics Center is dedicated to enhancing the sport of gymnastics, dance and fitness for every participant in a positive manner. A safe and educational environment is our primary goal.

Little Bits Ages 15 mos. - 2

Interact with your child in an Exploratorium of fun and discovery. Activities include obstacle course, air-track, and foam pit as well as other gymnastics apparatus. Parent must attend.

Tuesday 9:15 - 10:00
Wednesday 5:15 - 6:00
Thursday 10:15 - 11:00



8 WEEK SESSION \$85.00

Tot Trot Ages 2 & 3

This class is designed to promote positive interaction and basic gymnastics skills, while having fun. Parent must attend.

Tuesday 10:15 - 11:00 Thursday 9:15 - 10:00
Wednesday 9:15 - 10:00 Friday 9:15 - 10:00
Wednesday 5:15 - 6:00 Saturday 9:15 - 10:00

8 WEEK SESSION \$85.00

Tiny Tumblers Ages 3 & 4

This class enables the child to enjoy the obstacle course and receive instruction on gymnastics apparatus. Without parent.

Monday 4:15 - 5:00 Thursday 9:15 - 10:00
Tuesday 9:15 - 10:00 Thursday 1:00 - 1:45
Wednesday 9:15 - 10:00 Thursday 4:15 - 5:00
Wednesday 5:15 - 6:00 Friday 9:15 - 10:00
Saturday 9:15 - 10:00

8 WEEK SESSION \$95.00



Fight Like a Girl Introductory Class

Sunday January 8, 2012 3:30-5:00 pm

This 1.5 hour introductory class will teach women how to fight assaults that typically end in sexual assault, you will learn how to defend yourself against chokes, hits, and grabs. We will teach you the most effective ways to strike back and the targets that will have the most impact. This class will change your life and is held in a safe and nurturing environment where any women in any shape can learn how to fight like a girl and win. A great class for mothers and daughters. Ages: 14 years and older (12 & 13 year olds with female parent/guardian)

Fee: \$25/person/class, attire: Sweat pants, long sleeved shirt recommended



Easily learned, reality based, system of fighting back when attacked. Designed for Youth!

We Don't Eliminate Bully Behavior, We Eliminate Victim Behavior!

Sunday January 8, 2012, 1:00-3:00 pm

Fee: \$45.00, age: 8-13 years old

ADULT FITNESS CLASSES

Get Fit Boot Camp

You will be put through a series of strength building activities while keeping your heart rate elevated and burning fat. This is a unique training experience with expert instructors. Using a variety of gymnastics training equipment and the low impact on our spring floor makes our boot camp a one of a kind in the area. Modifications are made according to each individuals ability.

Monday 8:15 - 9:00pm and Thursday 8:15 - 9:00pm

Two days per week \$96.00 or pay as you go \$10.00 per class.

Instructors Kim Harrier & Brandi Wirch



Cardio Boxing

Cardio boxing conditions the total body and provides a complete workout for your cardiovascular and endurance systems. Some benefits include increased stamina, strength, speed, and coordination.

Wednesday 7:30- 8:30pm, \$72.00 for 8 week session or \$10.00 drop in.

Minimum 4 participants to run this class. Instructor Paul Jonas

Yoga

Wednesday 9:00-10:00am

\$72.00 for the 8 week session or \$10.00 drop in

Minimum 4 participants to run this class.

Group Mat Pilates

Pilates focuses on movements of the spine, increased flexibility, muscle lengthening and core stability. This improved functional movement depends on consistency and goals, but you can expect an increase in your body awareness, precision of movement, mobility (range of motion) and balance in strength-flexibility through series of exercises.

\$104.00 for 8 week session or \$14.00 drop-in

Wednesdays 7:00-8:00pm Thursdays 1:00-2:00pm

Instructor: Euphoria Pilates ~ Kristin Mendes

PHONE: 847-516 -1064

Kindergym Ages 4 & 5

Designed to introduce young children to elementary gymnastics skills, build motor control and coordination while having fun.

Monday	4:15 - 5:00	Thursday	10:15 - 11:00
Tuesday	9:15 - 10:00	Thursday	1:00 - 1:45
Wednesday	9:15 - 10:00	Thursday	4:15 - 5:00
Wednesday	5:15 - 6:00	Friday	9:15 - 10:00
		Saturday	9:15 - 10:00

8 WEEK SESSION

\$95.00

Tumbling

Designed for cheerleaders and gymnasts who want to improve their tumbling skills. Novice tumbling focuses on handstands, cartwheels, and backbends. Intermediate tumbling focuses on roundoffs, walkovers, and beginning handsprings. Advanced tumblers must be able to perform handsprings without a spot. Ages 6 & up.

Monday	5:00 - 6:00	Intermediate/Advanced
Tuesday	3:15-4:15	Intermediate/Advanced
Tuesday	4:15 - 5:15	Novice/Intermediate
Wednesday	6:00 - 7:00	Novice/Intermediate
Thursday	6:00 - 7:00	Intermediate/Advanced
Friday	4:15 - 5:15	Intermediate/Advanced
Friday	5:15 - 6:15	Novice/Intermediate
Saturday	11:00 - 12:00	Novice/Intermediate

8 WEEK SESSION

\$105.00

Personalized car decals on sale for \$10.00 each.

See staff for order forms



Take half off second gymnastics or tumbling class. (same child, same session)

EMAIL: DAVE@CARYGYMNASTICS.COM

Progressive Girls Gymnastics

Classes are designed to improve flexibility, coordination, strength, and self-esteem, while learning skills on all four events. Gymnasts must show a mastery of skills on each event in order to progress to the next level. Please call (847)516-1064 for proper placement.

Rollers Ages 5 - 7 (beginner)

Monday	6:00 - 7:00	Wednesday	1:00 - 2:00
Tuesday	10:00 - 11:00	Wednesday	4:00 - 5:00
Tuesday	5:15 - 6:15	Thursday	5:00 - 6:00
	Saturday		10:00 - 11:00

8 WEEK SESSION \$105.00

Swingers (adv. beginner)

Monday	6:00 - 7:00	Wednesday	4:00 - 5:00
Tuesday	5:15 - 6:15	Thursday	5:00 - 6:00
	Saturday		10:00 - 11:00

8 WEEK SESSION \$105.00

Flippers (intermediate)

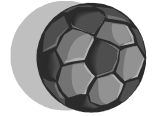
Tuesday	5:15 - 6:15	Thursday	5:00 - 6:00
Wednesday	4:00 - 5:00	Saturday	10:00 - 11:00

8 WEEK SESSION \$105.00

Kippers (advanced)

Tuesday	6:00 - 7:30 (new time)	Thursday	4:15 - 5:45
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8 WEEK SESSION FOR KIPPERS
1 DAY \$125.00 2 DAYS \$175.00



This is a 4000 square foot multi-sport facility.

Basketball, volleyball, baseball, batting tunnel, soccer, and floor hockey are just a few of the sports you will be able to play here.

Sports Training or Personal Training

Speed and Agility training for your sports team or individual. This is a unique training experience using a variety of equipment.

For more information contact Dave at 847-516-1064 or dave@carygymnastics.com



Rentals

Sports Center rental \$60.00 per hour. Prices will be adjusted according to the amount of hours rented. Batting tunnel with pitching machine included if needed.

For available days and times contact Dave at 847-516-1064 or dave@carygymnastics.com

Kids Kickball League

Boys and Girls ages 5-8

Starting January 14 - March 17,

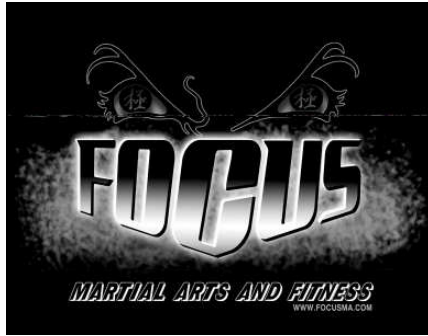
10 week session

\$100.00 includes t-shirt and trophy.

Children will be divided up into teams and play 45 minutes between 10:00 and 12:00 on Saturdays.

Schedules will be posted after teams are made.





Focus Martial Arts Children's Karate Program This unique Karate program will improve your child's self esteem, help him/her to think independently, develop age-appropriate, self-defense /bully-prevention skills, and help to develop them into tomorrow's leaders in everything they do.

Be a part of the number ONE karate program in the county right here at Cary Gymnastics and Dance Center.

Pee Wee Karate (Ages 5-8 years old)

Monday or Wednesday

4:30 - 5:15 PM

Youth Karate (Ages 8-13 years old)

Monday or Wednesday

4:30 - 5:15 PM

8 Week Session;

1 day a week \$110.00 or 2 days a week \$170.00



Take half off second gymnastics or tumbling class. (same child, same session)

FAX: 847-516-0274



Jungle Boys Ages 4 - 5

This is a recreational class designed for boys with extra energy. Instruction is given on tumbling, bars, vault, & rings.

Monday	4:15 - 5:00	Thursday	10:15 - 11:00
Tuesday	9:15 - 10:00	Thursday	1:00 - 1:45
Wednesday	9:15 - 10:00	Thursday	4:15 - 5:00
Wednesday	5:15 - 6:00	Friday	9:15 - 10:00
		Saturday	9:15 - 10:00

*If enrollment is low class may be combined with Kindergym.

8 WEEK SESSION

\$95.00

Boys Dynamo Ages 6 - 9

This is a general class that will cover the basics of boys gymnastics.

Tuesday	4:15 - 5:15	Thursday	5:00 - 6:00
Tuesday	5:15 - 6:15	Thursday	6:00 - 7:00
Thursday	4:00 - 5:00		

8 WEEK SESSION

\$105.00

Competitive Teams

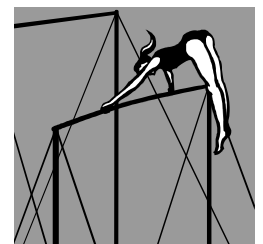
Girls Gymnastics Levels 4-9

Boys Gymnastics Levels 4-6

Boys and Girls advanced gymnastics classes & pre-teams.

For more information please call or e-mail:

847-516-1064/dave@carygymnastics.com



DANCE

Dance Recital Date April 28, 2012

16 week session January 2 - April 28

No refunds after the first week of classes

\$10.00 processing fee for all refunds



Tiny Twirlers Ages 2 - 3 Ballet /Poms combo

Friday 11:00 - 11:45 Tammy

Thursday 10:15 - 11:00 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Kiddy Dance Ages 3 - 4 Ballet/Tap/Poms Combo

Tuesday 10:15 - 11:00 Tammy

Friday 9:15 - 10:00 Tammy

Tuesday 4:45 - 5:30 Lauren

Friday 10:15 - 11:00 Tammy

Wednesday 10:15 - 11:00 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Spinners Ages 5 - 6 Ballet/Tap/Poms Combo

Monday 5:15 - 6:00 Lauren

Tuesday 9:15 - 10:00 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Poms N Jazz Ages 4 - 6

Monday 4:30 - 5:15 Lauren

Thursday 9:15 - 10:00 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Hip Hop/Acrobatics Classes

Mini Hip Hop/Acro Tuesday 6:00 - 6:45 Ages 6-8 Lauren

Hip Hop/Acro Tuesday 6:45 - 7:30 Ages 8 - 12 Lauren

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Tap/Jazz Classes

Tap/Jazz Thursday 6:45- 7:30 Ages 6-8 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Musical Theater Ages 8-12 Sing and dance

Thursday 6:00 - 6:45 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Lyrical/Jazz Ages 9-13

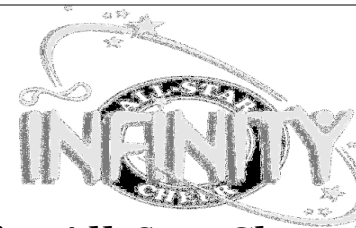
Thursday 7:30 - 8:15 Tammy

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00

Lyrical/Ballet Ages 7-9

Monday 6:15 - 7:00 Lauren

16 WEEK SESSION \$170 + \$45 COSTUME FEE = \$215.00



Infinity All-Star Cheer Squad

Ages 6-14



Training will consist of cheering, stunting, and tumbling with certified coaches. All practices will be held indoors at Cary Gymnastics Center. All stunting and tumbling will be performed on a padded spring floor or air filled equipment for ultimate safety and maximum performance.

For more information on Infinity All-Star Cheer Squad contact Michelle at infinityallstarcheer@yahoo.com