

PRESCHOOL

Champs & Me focuses on developing motor skills, strength, flexibility, body awareness, hand-eye coordination, self-confidence. Mini Champs learn social skills and basic fundamentals of gymnastics.

Boys and girls experience the fun of gymnastics while making friends and building life skills! Classes based upon skill level progression, athletes can transition to competitive path if they desire.

RECREATION
gymnastics



We designed our competitive teams program around overall fitness, skill progression, and character development. Our main objective is to use this sport as a vehicle to motivate gymnasts both in gymnastics competition and in life.



Strong emphasis placed on conditioning and strength building. Boys will learn the importance of combining goal setting and self-discipline with fun & enthusiasm! Overall fitness, skill progression, and character development are key.

Running! Jumping! Climbing! Vaulting!
Rolling on Mats and Floor! Parkour strengthens the body, builds stamina, rejuvenates energy!

PARKOUR

Learn proper form, strength building skills and conditioning. Learn round-offs, back handsprings, back tucks, aerals.

Tumbling

**AERIAL
SILKS**

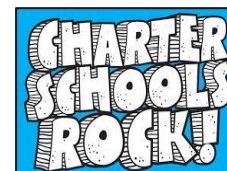
Aerial Silks is a circus discipline on fabric hung from the ceiling. Learn how to climb, do foot ties and poses. Advanced athletes learn drops and spins.

Learn the basics of cheer with jumps, arm motions, 8-counts of proper motion techniques.

**Recreation
Cheer**



We host birthday parties, kids camps, Open Gym and other events, but due to COVID-19 many are currently ON HOLD. Please check with office for updates.



Special Offer for New Members
**Get Your
First Month
Free!**

Enroll Now!

- Go to CGC website
- Customer Portal
- Choose Classes
- Start Attending!

Initial Registration fee of \$35 is required

The Place Be

- ❖ Family-Friendly Atmosphere
- ❖ Safe, Quality Equipment
- ❖ COVID-19 Safety Protocols Followed
- ❖ Enthusiastic, Skilled Coaches
- ❖ Judges on Site
- ❖ Goal-Oriented Training
- ❖ Disciplined and Focused
- ❖ Caring Encouragement
- ❖ Fun-Loving Attitudes
- ❖ Award-Winning Teams



**PRACTICE
LIKE A
CHAMPION**



GOT QUESTIONS?
CONTACT US!



619.449.7717



cgcchamps@gmail.com



www.cgcchamps.com



Champion Gymnastics & Cheer



champion.gymnastics.cheer

Champion Gymnastics & Cheer
10580 Prospect Avenue
Santee, CA 92071

