

TEAM CENTRAL GYMNASTIC ACADEMY - UNIQUE TO ST. LOUIS

Team Central was chosen to be televised as the St Louis gymnastics prelude to the Olympics. We are a 22,000 square foot, not-for-profit, 501-C-3, Gymnastic Training Center unique to St Louis and one of only a few in the nation. We are dedicated to positively influencing the life of every child and creating a world-class gymnastics organization.

Team Central Gymnastic Academy is located in Maryland Heights Mo and offers various classes and programs for children ages toddler-teenage. We also offer a unique training center to nurture our competitive team program. This allows families to live in St. Louis while their children train locally for future state, regional, and national level competitions. Nearly 1400 families visit our center weekly.

Programs for the Community

Team Central offers special activities and programs throughout the year for children ages toddler through teenage, including our yearly Busch Stadium Performance for children ages 3 1/2 and up. We offer weekly gymnastics, cheerleading, tumbling & trampoline classes, kids night out, and birthday parties. We also offer year-round 8-5 pm day camps on every area elementary school closing date September-May and daily 8-5 pm summer camps June-August. ***Schools endorse our day camps praising us for building children's strength, confidence and self-esteem.*** We also offer one-hour field trips to scouts, summer camp groups, daycares, schools and special needs groups. ***Thousands of children benefit from our programs yearly.***

"Cardinal Power Kids" Special Needs Modified Movement Program For Children

Team Central offers a modified weekly gymnastic and movement program called "Cardinal Power Kids" as a form of fun physical therapy for children who are developmentally delayed or physically challenged. Scholarships are available. We also offer modified field trips to groups such as Ranken-Jordan, Special School District and many others. "Giant Steps" children visit our facility twice daily. *A physical therapist from Ranken-Jordan stated that our program offers the best physical therapy for their children outside of their facility in a fun, stimulating environment. She stated "The children are smiling and attempt new things they would not attempt in regular physical therapy. The children are having so much fun they do not realize that they are receiving physical therapy."* Testimonies from Ranken-Jordan, Giant Steps, Shriners Hospital and Variety Club are available upon request. Team Central was honored to host the first Special Olympic State Gymnastic meet in St. Louis history.

Outstanding Competitive Team

Our competitive team program has had many successes throughout Team Central's 17 years. We have provided the opportunity for 14 gymnasts to attain college gymnastic scholarships. Last year Team Central featured 51 champions at the state and regional level. **Team Central's Head Team Coach, Tom Stevens, was honored in 2010 as the first Missouri State Optional "Coach of the Year".**

Largest Gymnastic Meets in St. Louis

Team Central hosts a premiere annual gymnastic meet at the Americas Center in downtown St. Louis. The 2011 St. Louis Classic sponsored by Gateway Honda Dealers will be held February 25-27th at the Americas Center. This premier event draws teams from all over the country and is expected to be the largest women's gymnastic meet in St Louis in 2011.

Check out our website at www.teamcentral.org. For information about any programs please call 314 291-0101. Ask about a first time FREE visit to one of our weekly classes for your child.