



Urban Gym Jam!

Special 3 1/2 hour Open Gym Time!!

Great opportunity for Urban, Tumbling, Martial Arts,
or Gymnastics Students!!



- The coaches will review safety & skills allowed.
- Students can work with a coach to learn skills needed for testing.
- New students to C.O.G. must have completed registration form by a parent and/or guardian.



**We Know Urban Acrobatics!
Over 10 Years Experience! We
have safe & progressive coaches
with expert spotting**

**Vault skills such as safety, dash,
kong & reverse vaults will be covered.**

**Sunday, May 20th, 2018
12:00pm to 3:30pm**

Sign Up Today!

841 N. Dodsworth Ave.
Covina, CA 91724
626-966-8775

www.glidersgymnastics.com



Ages: 6-17yrs

Cost: 25\$



Open Gym Registration Form

Full payment is required on or before May 19th at 1:00 PM.

Student's Name: _____ Age _____ Male/Female

Please Circle Skill Level: Beginner Intermediate Advanced

Parent's Name: _____ Phone# _____

* I am new to COG: _____

For Office Use Only: Date _____ Liability Form Signed _____ Payment _____ Initial _____