



# Gym Tech Cheer



## **Cheer & Acro Tumbling Center** **1010 S. Santa Fe Ave., Vista, CA 92084**

I would like to welcome you to **Gym Tech Cheer**. My name is Rich Quinn, and I am the Owner/Director. My background and experience in the sport of gymnastics covers over 40+ years of coaching the beginner gymnast up to the elite level of gymnastics. I have had the pleasure and honor of producing numerous gymnastics championship teams at the state level, as well as many state, regional, and national individual champions, with many of my accomplished athletes going on to receive athletic scholarships and becoming top national competitors in their own right.

As a former gymnastics competitor and **3 time All-American**, I have had the rewarding experience of competing at the national and international level. I was a member of the C.S.U.F. Gymnastics Team receiving a full 4 yr. athletic scholarship and becoming one of their top All-Around gymnasts, as well as being a member of the Gymnastics Teams winning two consecutive National Championship titles.

**GYM TECH CHEER** operates inside a 2400 sq. ft. facility, offering cheer and tumbling instruction in a safe, positive and organized environment.

Tumbling Classes are 1-hr long; they include a warm-up, basic skill progressions, beginning through advanced tumbling skills along with some strength and conditioning at the end of class.

The program is equipped with a 20' Tumbl Trak, spring tumbling strip, 20'x5' air-mat, and a variety of mats and training aids.

### **Class Tuition is due on the first of each month**

- \$70 per month - (1 hour class meets once a week ~ (guaranteed 4 classes per month)
- Annual Registration Fee of \$30 per child or \$45 for a family of two or more.

Private Lessons: \$35 - ½ hr., \$70 1 hr., Shared private lessons with a partner are permitted with no more than four allowed. During these shared lessons, the total cost of a private lesson is discounted for the students.

For additional information, contact: Rich Quinn (760) 310-4145 ~ [quinncoach@yahoo.com](mailto:quinncoach@yahoo.com)

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