



Cheer & Tumbling

Session 7 | September 24th-November 11th

NO CLASSES OVER FALL BREAK!

Class Schedules & Descriptions



Class	Practices	Description	Cost
Level 1 Exhibition Cheer	Monday's 4:30-5:30	Beginner level exhibition cheerleading team for children ages <u>3 years old and up.</u>	\$45/6 Wk. Session
Level 2 Competition Cheer	Monday's & Wednesday's 6:30-7:30	Intermediate level competition cheerleading team for children <u>ages 8 and up.</u> Participants must attend a skills evaluation for all competition teams.	\$55/6 Wk. Session
Level 3 Competition Cheer	Monday's 7:30-8:30 Wednesday's 4:00-5:30 & 1 Saturday/Month 9:00-12:00 <u>*Sat. practices assigned on calendar*</u>	Advanced level competition cheerleading team for children ages <u>8 and up.</u> Participants must be able to execute a back handspring and attend a skills evaluation in order to register for this team.	\$65/ 6 Wk. Session
Beginner Tumbling	Monday's 5:30-6:30	Participants will learn the fundamentals through a fun, active play style class. Each station will incorporate different techniques and activities to build confidence and fluid movements. <u>Ages 4+</u>	\$45/6 Wk. Session
Intermediate Tumbling	Monday's 5:30-6:30	Participants must be able to execute a round-off to participate in this class. All participants will work on handstands, walkovers, connecting skills, and build strength and flexibility while having fun. <u>Ages 5+</u>	\$55/6 Wk. Session
Advanced Tumbling	Wednesday's 5:30-6:30	Advanced level tumbling skills, minimum of a standing back handspring required. This class will focus on handsprings, tucks, layouts, and twisting skills. Participants will increase flexibility and strength through drills and multiple skill techniques to help master those elite level tumbling skills. <u>Ages 8+</u>	\$65/6 Wk. Session
We do offer a \$10 multi-child/double class discount			