



Cheer & Tumbling

Session 1 | February 11th - March 31st, 2019



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
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			