



Cheer & Tumbling

Session 2 | February 17th – April 5th, 2020

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> <u>60 Minutes- Multi-Purpose Room</u> | \$40/6 Wk. Session |
| 4 & Under Toddler Tumbling | Wednesday's 5:00-5:30 | Open to boys and girls ages 4 and Under with an adult to accompany the child. In this class we will work on developing movements and motor skills through gymnastics expression. <u>30 Minutes – Gymnasium</u> | \$35/6 Wk. Session |
| Beginner Tumbling | Wednesday'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 | Monday's 6:30-7:30 | 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****

****NO CLASSES MARCH 16TH-20TH DUE TO SPRING BREAK****