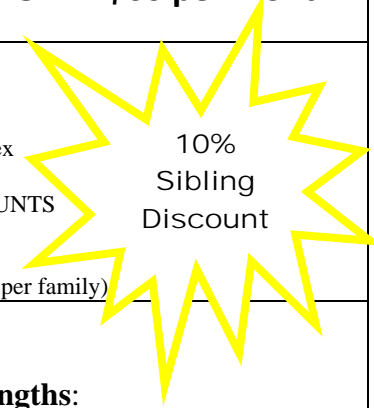




Fall Schedule Begins August 27th

2018 Fall Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:30-11:45	Preschool Open Gym	Preschool Open Gym	Preschool Open Gym	Preschool Open Gym			Class Ratios: *Preschool 6-8:1 Tumble Classes 8-11:1
12:00		*Preschool	*Preschool			Express Happy Hour:	
1:30	Private Class 1:30-2:15		Private Class 1:00-1:45			3:30 & 3:45 CLASSES – ONLY \$60 per month	
2:30	Private Class 2:30-3:15					Costs: \$50 per month – JUMPS & Flyer Flex \$65 per month - Preschool \$75 per month - Tumble Classes/STUNTS \$35 yearly registration fee (\$70 max per family)	 10% Sibling Discount
3:30	*Preschool Basic 1-2 3:45 Private Kinder Class	*Preschool Basic 1-2 Back Handspring/Series	*Preschool Basic 1-2 3:30-4:15 Private Class	*Preschool Basic 1-2 Back Handspring/Series			
4:30	Basic 1-2 Back Handspring/Series Greenhill HS 4:30-6:00	Basic 1-2 Back Handspring/Series	Basic 1-2 Back Handspring/Series Private Class Cyclones 5:00-7:00	Basic 1-2 Back Handspring/Series 4:30-5:15 Private Class			Class Lengths: 55 minutes, once a week *45 minutes, once a week
5:30	All-Star Stunt & Flyer Flex Tuck/Layout	*Preschool Series/Tuck ESD 5:00-6:30	*Preschool Back Handspring/Series Tuck/Layout/Twist	*Preschool Back Handspring Series/Tuck Twinkles 5:30-7:30		“All Class Pass” *ONLY \$375 <i>*Ask about our mid-session markdown</i> 15 weeks of UNLIMITED CLASSES in your level!!! August 27th – December 21st (closed November 19th-23rd) <i>*Express Cheer Team athletes only \$275 for the All Class Pass.</i>	MEET OUR STAFF: JAY PAUL ASHLEY L. MIKE CHRIS S. CARMEN ASHLEY S. SARAH AMY JASON
6:00	Falcons 6:00-8:00 Lightning Queens 6:15-8:15		Falcons 6:00-8:00				
6:30	Jumps! Reign 7:00-9:00	Blaze 6:30-8:30 Storm 6:30-8:30	BHS Series Reign 7:00-9:00	Blaze 6:30-8:30 Storm 6:30-8:30			

CLASS DESCRIPTIONS & ABBREVIATIONS

PRESCHOOL - 45 minutes - \$65 per month (3-5 years old)

Our preschool/tiny tumblers program is a fun, high-energy movement and motor skill development program designed to help children cultivate their gross motor, visual motor, and social skills in a non-competitive atmosphere. Using gymnastics as our basis, we engage children in activities that encourage balance and vestibular stimulation. Children are recognized for their individuality and are encouraged to have fun as they build skills.

BASIC 1 TUMBLE CLASS - 55 minutes - \$75 per month

This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic tumbling skills includes: forward & backward roll, handstand, cartwheels, round-off, tick tocks, front limber, and back-bend kick-over.

BASIC 2 TUMBLE CLASS - 55 minutes - \$75 per month

This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Tumbling skills includes: strong round-off, back and front walkovers, cartwheel back walkover, and a **strong** handstand.

BACK HANDSPRING CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are **strong** round-off with a rebound, proper cartwheel, and back-bend kick over/back walkover. To exit this class a student must perform a strong standing back handspring, and round-off back handspring.

SERIES CLASS- 55 minutes - \$75 per month

Pre-requisites for this class are **strong** standing and **strong** round-off back handspring. To exit this class a student must perform a strong standing series, front walkover round-off back handspring and running round-off back handspring series. A series is three or more back handsprings in a row.

TUCK CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are **strong** standing back handspring series, front walkover round-off back handspring and running round-off back handspring series. To exit this class a student must be working on a standing back tuck and be able to perform a punch front, standing series to a back tuck and round off back handspring series to a back tuck.

LAYOUT CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are **strong** standing back handspring to a back tuck, a punch front and a round-off back handspring series to a back tuck. To exit this class a student must perform a layout, standing back tuck and three back handsprings to layout.

TWIST CLASS - 55 minutes - \$75 per month

Pre-requisites for this class are a standing back tuck, a layout and standing three back handsprings to a layout. In this class athlete's will be introduced to round-off back handspring to a full and specialty passes with twisting.

STUNT CLASS - 55 minutes - \$75 per month

Come Fly with us! Classes are designed to train flyers to execute flawless technique in the air. Our expert staff will spot and stunt your athlete as they build their confidence and their skills. We do lots of stretching and drills to help train your athlete.

JUMPS! - 55 minutes - \$50 per month

There are no pre-requisites for this class. This class is designed for athletes that want to improve their jumps. Work on jump technique, endurance, and height. The only way to improve jumps is to jump!!!

FLYER FLEX – 55 minutes - \$50 per month

This class is designed for athletes that want to increase their flexibility. Individual & partner stretching will be focused on, as well, as flying skills such as heel stretch, scorpion, scale and arabesque.

CHEER PREP – 55 minutes - \$65 per month

For Jr. High/High School Students trying out for school squad. NO TUMBLING in this class. Will work on Rally (entrance) and Exit as well as Jumps and Motions. January – March 2018.