



# SPRING 2019 SCHEDULE – Begins January 8th

	Monday	Tuesday	Wednesday	Thursday	Friday			
10:30-11:45	Preschool Open Gym	Preschool Open Gym	Preschool Open Gym	Preschool Open Gym		<b>Express Happy Hour:</b> <b>3:30 &amp; 3:45 CLASSES – ONLY \$60 per month</b>		
12:00	Private Class 12:30-1:15	*Preschool	*Preschool					
2:30	Private Class 2:30-3:15  ESD Private 3:00-3:55	Private Class 2:00-2:45		Private Class 2:30-3:15				
3:30	*Preschool  Basic 1-2  Private Kinder Class 3:45-4:30	*Preschool***  Basic 1-2***  Back Handspring/Series	*Preschool  Basic 1-2***  Private Class 3:45-4:30	*Preschool  Basic 1-2  Back Handspring/Series		<b>*** WAIT LIST FOR CLASS</b>  <b>Costs:</b> \$65 per month - Preschool \$75 per month - Tumble Classes  \$35 yearly registration fee (\$70 max per family)		
4:30	Basic 1-2  Back Handspring/Series  Greenhill HS 4:30-6:00	Basic 1-2***  Back Handspring/Series***  Private Class 4:30-5:25  Private Class 4:30-5:25	Basic 1-2  Back Handspring/Series  Private Class 4:30-5:15  Cyclones 4:30-7:00	Basic 1  Basic 2  Back Handspring/Series	<b>“All Class Pass”</b>  <b>*ONLY \$550</b> <i>*Ask about our mid-session markdown</i>  <b>19 weeks of UNLIMITED CLASSES in your level!!!</b>  <b>January 8th – May 23rd</b>  <b>(Closed for Spring Break March 11th - 15th)</b>  <i>*Express Cheer Team athletes only \$420 for the All Class Pass.</i>			
5:30	ALL STAR 5:30-6:25  Tuck/Layout/Twist	*Preschool  Back Handspring/Series  Tuck/ Layout/Twist	Back Handspring/Series  Tuck/Layout/Twist	Basic 1-2  Back Handspring/Series  Tuck/Layout/Twist  Twinkles 5:30-7:30				<b>Class Lengths:</b> 55 minutes, once a week *45 minutes, once a week  <b>Class Ratios:</b> *Preschool            6-8:1 Tumble Classes       8-11:1  <b>MEET OUR STAFF:</b> JAY                      PAUL ASHLEY L.              CHRIS S. SARAH                    CARMEN AMY                        JASON ASHLEY S.
6:00	Lightning Queens 6:15-8:15	Falcons 6:00-8:00	Falcons 6:00-8:00					
6:30	Reign 6:30-8:30	ALL STAR 6:30-7:25  Storm 6:30-8:30	Private Class 6:30-7:25	CHEER PREP 6:30-7:25  Storm 6:30-8:30	<b>WE NOW OFFER THREE OPTIONS FOR BIRTHDAY PARTIES ON SATURDAYS!</b>  <b>10:00 - 11:30 AM</b> <b>12:00 - 1:30 PM</b> <b>2:00 - 3:30 PM</b>  The cost is \$250 payable at the time of booking.			
7:00 7:30		OPEN GYM 7:30-9:00	Reign 7:00-9:00  CHEER PREP 7:30-8:25  ALL STAR 7:30-8:25	ALL STAR 7:30-8:25  OPEN GYM 7:30-9:00				

10% Sibling Discount



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### 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.

#### **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 2019