

# GYMNASTICS

# CHEER

**HOMESCHOOL - \$74/mo**

**(September - May) ages 6+**

**\*\*Wednesday: 1:00 - 1:45PM**

Non-traditional physical education and beginner gymnastics for boys and girls

**ADULT GYMNASTICS - \$84/mo**

**Saturday: 12:30 - 1:25PM**

This 55 minute co-ed class focuses on the basic fitness aspects of the gymnastics discipline. Get in shape like an athlete, while learning basic gymnastics skills and utilizing gymnastics apparatus.



**Cheer 101 - \$84/mo**

**Ages 7+**

**Tuesday: 7:00 - 7:55pm**

**Wednesday: 5:00 - 5:55pm**

This 55 minute co-ed class is designed for those students looking to begin a cheerleading career. The students will learn proper cheerleading motions, basic tumbling, stunting, proper jumps, and the importance of cheerleading counts. All of this is in effort to prepare them for future tryouts and make sure they can enter those tryouts well educated and have confidence in their skills!

**Cheer 201 - \$84/mo**

**\*\*DAY: TBD**

Call for More Information or to be added to the waitlist.

This 55 minute co-ed class is designed to work with athletes that already have some prior knowledge about cheerleading. Athletes in this class work on more advanced tumbling skills such as back handsprings, front handsprings, back tucks, and combination passes. Athletes will work on performing their tumbling to counts and elevating their jumps to the next level. Athletes will learn how to perform jump sequences along with adding jumps to tumbling and performing more difficult stunts. This class will help make sure athletes are ready for any tryouts or cheerleading teams they have in mind for their future.

**\*\*Please ask us about FUTURE CLASSES\*\*  
3 Students needed to start a future class.**



## Want to know more?

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"A great COACH is hard to find and impossible to forget"

# GYMNASTICS & TUMBLING