



GREENSBORO ALL STAR CHEERLEADING
MAY TUMBLE SCHEDULE
CLASSES BEGIN MONDAY MAY 6TH
ALL CLASSES ARE DROP IN FOR \$10.00
SPECIALTY CLASSES IN RED ARE \$5.00 (30 MINUTE CLASS)

GAC WILL BE CLOSED THURSDAY MAY 9TH FOR OUR ANNUAL BANQUET

CLASSES WILL RUN FROM MAY 6TH-MAY 30TH

ALL STUDENTS MUST BE REGISTERED ON ICLASSPRO PRIOR TO ATTENDING CLASS

Students may only drop-in to a level appropriate class-may not attend multiple levels

GAC reserves the right to cancel or change a class if there is not 3 or more students registered

8029 National Service Rd Colfax, NC 27235 336-664-0233 WWW.CHEERGAC.COM

	Monday	Tuesday	Wednesday	Thursday
4:30-5:25	Tumble 1		ITC	Tumble 1.5
5:30-6:25	Tumble 3/4 Tumble 2	ITC/TUMBLE1	Tumble 1.5 Tumble 4/5	ITC Tumble 1
6:30-7:25	Tumble 1.5 Back TUCK (630-7) <i>*Standing BHS required to attend</i> Front Tumble (7-730)	Tumble 1.5 Tumble 2	Tumble 2 Standing BHS (630-7) Jump & Flex (7-730)	Tumble 3 Jump & Flex (630-7)
7:30-8:25	MS/HS TRY OUT PREP	Tumble 3 Tumble 4 Tumble 5	Tumble 1 Tumble 3	Tumble 2 Tumble 4/5

ALL TUMBLING REQUIREMENTS MUST BE MET BEFORE ENTERING A CLASS

Instructors reserve the right to adjust your child's tumbling level accordingly at any point during the session

ITC-Learning fundamental tumbling skills, body control, class expectations. *Beginner

Tumble 1-**Requires** basic body control, handstand, cartwheel, round off, backbend, forward roll and backward roll.

Tumble 1.5-**Requires** all level 1 prerequisite skills including front AND back walkovers.

Tumble 2-**Requires** round-off back handspring, standing handspring and front walkover through backhandspring

Tumble 3-**Requires** standing series handspring, round-off back handspring tuck.

Tumble 4-**Requires** standing tuck, round-off handspring layout, standing series handspring tucks/layouts and jumps-BHS-tuck

Tumble 5-**Requires** round-off handspring full, standing back handspring to full and jumps to back tuck.

With registration questions please email Tricia@cheergac.com or call 336-664-0233!