



GREENSBORO ALL STAR CHEERLEADING
FALL TUMBLE SCHEDULE
CLASSES RUN TUES SEPT 4TH - DEC 20TH
ALL CLASSES ARE DROP IN FOR \$10.00
SPECIALTY CLASSES IN RED ARE \$5.00 (30 MINUTE CLASS)

GAC WILL BE CLOSED NOV 21 -24

NEW MEMBER REGISTRATION FEE IS \$65.00 (MAY-APRIL) PLEASE SIGN UP ON THE ICLASSPRO PORTAL
DROP IN CLASSES ARE \$10 FOR TEAM MEMBERS AND TUMBLE REGISTERED FAMILIES

Students may only drop-in to a level appropriate class

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 - KI | ITC - DE/KI Tumble 3 - KR | ITC - LS | Tumble 1 - LS/KI |
| 5:30-6:25 | Tumble 3/4 - BO | Tumble 1 - KR Tumble 4/5 - BO/JW | Standing Tuck - KR (5:30 - 6:00) | Tumble 2 - JW Tumble 3/4 - BO |
| 6:30-7:25 | | Tumble 2 - JW/KR | | Tumble 3 - JW |
| 7:30-8:25 | SBHS - KI (730-8) FLEX AND STRENGTH - KI (8-830) | Tumble 3 - JW | Tumble 2/3 - JW | Tumble 1 - KI Tumble 4/5 - JW |

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 2-**Requires** round-off back handspring, standing handspring and front walkover.

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!