



GREENSBORO ALL STAR CHEERLEADING
7 WEEK SESSION-(January 8th-February 22nd))
CLASSES BEGIN MONDAY JANUARY 8TH
DROP IN CLASSES FOR \$15.00

REGISTRATION WILL OPEN MONDAY JANUARY 3RD

Enrollment fee is \$70 for the 7 weeks (one class per week) OR you may drop-in for \$15 (if space is available)

NEW MEMBER REGISTRATION FEE IS \$50.00

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-LS/JW	ITC-LS	Tumble 1-LS/JW	ITC-LS
5:30-6:25	Tumble 3-BO Tumble 4-JW	Tumble 1-JW/AK	Tumble 2-BO Tumble 3-KR	Tumble 1-JW/BO
6:30-7:25		Tumble 2-JW/DE	Tumble 4/5-KR	Tumble 2-JW
7:30-8:25	Tumble 2-JW	Tumble 3-JW		Tumble 1-DE Tumble 3/4-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!