



**GREENSBORO ALL STAR CHEERLEADING**  
**SUMMER TUMBLE SCHEDULE**  
**CLASSES BEGIN MONDAY JUNE 10TH**  
**ALL CLASSES ARE DROP IN FOR \$10.00**  
**SPECIALTY CLASSES IN RED ARE \$5.00 (30 MINUTE CLASS)**

**GAC WILL BE CLOSED JULY 1ST-JULY 5TH AND AUGUST 1ST**

**CLASSES WILL RUN FROM JUNE 10TH-AUGUST 22ND**

**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	ITC	Tumble 1	ITC Tumble 1.5	Tumble 2
5:30-6:25	Tumble 2	ITC Tumble 3	Tumble 1	Tumble 4/5
6:30-7:25	Tumble 1.5 <b>Jump &amp; Flex (7-730)</b>	Tumble 2 <b>Flight School (630-7)</b>	Tumble 3 Tumble 4/5	Tumble 1 <b>Standing BHS (7-730)</b> <b>Back TUCK (7-730)</b> <i>*Standing BHS required to attend</i>
7:30-8:25	Tumble 3	Tumble 1.5 Tumble 4/5	Tumble 2	Tumble 1.5

**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](mailto:Tricia@cheergac.com) or call 336-664-0233!**