



**GREENSBORO ALL STAR CHEERLEADING**  
**7 WEEK SESSION-March 5th-April 26th**  
**CLASSES BEGIN MONDAY MARCH 5TH**  
**DROP IN CLASSES FOR \$15.00**  
**SPECIALTY CLASSES IN RED ARE \$5.00**

**GAC WILL BE CLOSED APRIL 2ND-6TH FOR SPRING BREAK!**

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/AK	ITC-LS/KI	Tumble 1-LS/kr	ITC-LS
5:30-6:25	Tumble 3-BO Tumble 4-AK	Tumble 1-JW/AK	Tumble 2-BO Tumble 3-KR <b>Jump &amp; Flex (6-630)-KI</b>	Tumble 1-BO Tumble 4/5-JW
6:30-7:25	<b>Standing BHS (630-7)-AK</b> <b>Standing TUCK (7-730)-AK</b>	Tumble 2-JW/DE	Tumble 4/5-KR KVR-JW/KI	Tumble 2-JW
7:30-8:25	Tumble 2-AK	Tumble 3-JW	MS/HS TRYOUT PTEP-KI	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](mailto:Tricia@cheergac.com) or call 336-664-0233!**