



GREENSBORO ALL STAR CHEERLEADING
SUMMER TUMBLE SCHEDULE
CLASSES BEGIN MONDAY JUNE 11TH
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 8TH FOR THE HOLIDAY BREAK

CLASSES WILL RUN FROM JUNE 11TH-AUGUST 24TH

NEW MEMBER REGISTRATION FEE IS \$65.00 (MAY-APRIL) PLEASE SIGN UP ON THE ICLASSPRO PORTAL

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	ITC	Tumble 1	ITC
5:30-6:25	ITC	Tumble 1 Tumble 4/5	Tumble 2 Tumble 4	Tumble 1 Tumble 3/4
6:30-7:25	STANDING BHS (630-7) STANDING TUCK (7-730)	Tumble 2	Tumble 3 STANDING BHS (7-730)	Tumble 2
7:30-8:25	JUMP CLASS-(730-8) FLEX AND STRENGTH (8-830)	Tumble 3	FRONT TUMBLE (730-8)	Tumble 1 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 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!