



**GREENSBORO ALL STAR CHEERLEADING**  
**WINTER/SPRING TUMBLE SCHEDULE**  
**CLASSES RUN MON JAN 7TH-APRIL 18TH**  
**ALL CLASSES ARE DROP IN FOR \$10.00**  
**SPECIALTY CLASSES IN RED ARE \$5.00 (30 MINUTE CLASS)**

**NEW MEMBER REGISTRATION FEE IS \$35.00 (JAN-APRIL) PLEASE SIGN UP ON THE ICLASS PRO 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 in attendance

8029 National Service Rd Colfax, NC 27235      336-664-0233      WWW.CHEERGAC.COM

	Monday	Tuesday	Wednesday	Thursday
4:30-5:25	Tumble 1-KI/LS	ITC - DE/KI	ITC - LS	Tumble 1-LS/KI
5:30-6:25	Tumble 3/4 - BO Tumble 2-KR	Tumble 1-JW/CR Tumble 4/5-BO	Drills=Skills-JW (5:30 - 6:00)	Tumble 1.5-JW/BO
6:30-7:25	Tumble 1.5-KR	Tumble 2-JW/KI		Tumble 2/3-JW
7:30-8:25	SBHS-KI (730-8)	Tumble 1.5-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 1.5-Requires perfected/unassisted back walkover in addition to all level 1 requirements

Tumble 2-Requires perfected/unassisted round-off back handspring, standing handspring and front walkover.

Tumble 3-Requires perfected/unassisted standing series handspring, round-off back handspring tuck.

Tumble 4-Requires perfected/unassisted standing tuck, round-off handspring layout, standing series handspring tucks/layouts and jur

Tumble 5-Requires perfected/unassisted 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!

