



Greensboro All-Star Cheerleading

ALL CLASSES ARE \$10.00

PRE-REGISTRATION IS REQUIRED THROUGH ICLASSPRO

A YEARLY REGISTRATION FEE OF \$65 IS REQUIRED FOR ALL NON-TEAM ATHLETES

STUDENTS MAY ONLY ATTEND A LEVEL APPROPRIATE CLASS AND MAY NOT ATTEND MULTIPLE LEVELS

Fall Tumble will run from 9/8-12/17

GAC reserves the right to cancel or change a class if there is not three (3) or more students registered

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30	Tumble 1.5	ITC	ITC	Tumble 1
5:30	Tumble 2	Tumble 4-6 Flyer Flex (6-6:30)	Tumble 1	Tumble 3 Flight School (6-6:30)
6:30	Tumble 4/6	Tumble 2	Tumble 1.5	
7:30		Tumble 1	Tumble 3	

Registration Questions? Contact Tricia@cheergac.com or call 336-664-0233

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 (Intro to Tumbling Class): Learning fundamental tumbling skills, body control, class expectations.

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 walkover.

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 5/6: Requires round-off handspring full, standing back handspring to full and jumps to back tuck.

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336-664-0233

WWW.CHEERGAC.COM