

Elite All-Stars Cheerleading Gym



73 A Bradley Drive,
Westbrook

www.eliteallstarsofmaine.com

Email: Juliedvilinsky@aol.com

Fall Specials

***Back and Front walkover Clinic**: Come learn drills and techniques to help you achieve a Back and front Walkover.

****Class Days: Tuesday, October 3, October 10th, October 17th and October 24th**

Class Time: 5:30-6:00p.m. Cost \$35

***Jump Class**: This Class will focus on jump technique, arm placement, core and leg strength as well as introducing tumble skills such as handstands, backbends and cartwheels. Great Class for our cheerleaders.

****Class Days: Tuesday, October 3, October 10th, October 17th and October 24th**

Class Time: 6:00-6:30p.m. Cost \$35

***Flyers Flexibility**: This class focuses on increasing flexibility for the purpose of extending body positions while flying as well as allowing jump height to increase. This is accomplished with new stretching techniques and strength and conditioning drills.

****Class Days: Tuesday, October 3, October 10th, October 17th and October 24th**

Class Time: 6:30-7:00 p.m. Cost \$35

***Standing Tuck Class**: Come learn drills and techniques to help you achieve a Standing Back Tuck.

****Class Days: Tuesday, October 3, October 10th, October 17th and October 24th**

Class Time: 7:00-7:30p.m. Cost \$35

Basket toss Class for Beginners: Come Learn proper basket toss techniques in this Half hour class. 5 Max in this Class.

****Class Days: Tuesday, October 3, October 10th, October 17th and October 24th**

Class Time: 7:30-8:00 p.m. Cost \$35 (This Class is limited to 5 participants)

SPECIAL!

Sign up For 4 Classes and the 5th one is Free!!