

# PREMIER

## Cheerleading & Tumbling

# Fall 2017

# Class Schedule

Sept 11th-Dec 22nd

Monday	Tuesday	Wednesday	Thursday
	<b>Mini Level 1 Tumbling</b> 5-6 pm \$225 session	<b>Level 2 &amp; 3 Tumbling</b> 5-6 pm \$300 session	<b>Flyer Flex</b> 5:30-6:15 pm \$5 per class
<b>Level 2 &amp; 3 Tumbling</b> 7:30-8:30 pm \$280 session	<b>SUPER HEROS Boys Tumbling</b> 5-6 pm Ages 4-8 \$150 session	<b>Level 4 &amp; 5 Tumbling</b> 5-6 pm \$300 session	
	<b>LEVEL 2 BACKHANDSPRING CLASS</b> 5-6pm \$280 Session		
	<b>Open Gym</b> 8-9 pm \$10 per class		

### Gym Policies

- All Cheerleaders must pay a yearly Registration Fee of \$50
- Please make all checks payable to Premier Cheerleading.
- Premier Cheerleading only refunds in the case of an injury. Parents must contact Premier and present a note from a doctor
- If the gym closes due to weather conditions a message will be left on the gym answering machine and on our Website.
- Proper Gym attire should be worn. T-shirts, Shorts Sweats & CHEERLEADING SNEAKERS.
- Please call to schedule Private lessons. All private lessons must be paid in CASH.
- There will be a \$20 bank fee charged for all bounced checks.
- Make ups must be made in the session the class was missed.
- Start your own class with 9 or more children.

### Tumbling

Level 1: Working on all basic tumbling skills leading up to a Back Handspring.

Level 2: Working on a Back Handspring.

Level 3: Working on a Back tuck.

Level 4: Working on layout & full.

Level 5: Must have a full and be working on advanced passes ending in a full.

**Conditioning & Jumps:** Conditioning & Jumps Class is designed to buildup core strength and flexibility. This class will help cheerleaders with jumps and body positions as well as stamina and body conditioning.

**Open Gym:** This is a GREAT way to get a little extra training, work on some new skills, or perfect current skills. Members of our staff are here to provide a fun, safe environment to tumble.

**Mini Level 1 Tumble:** Ages 4-6. This class has been designed to help your child channel the energy and reach developmental milestones. Through basic tumbling and acrobatic skills each student will build greater coordination, confidence, listening skills, and willingness to try new skills.

**Flyer/Flexibility Class**-Focuses on proper flexibility, strength and stretching, as well as proper body positions.

### The Gym will be closed

Columbus Day 10/9

Halloween 10/31

Thanksgiving Nov 23<sup>rd</sup> & 24<sup>th</sup>

**Premier All-Star Cheerleading**  
**(631)454-3797**  
**Premierallstarcheer.com**