

PREMIER Cheerleading & Tumbling

Summer 2017 Class Schedule July 10th-August 31st

Monday	Tuesday	Wednesday	Thursday
Level 1 & 2 Tumble 5-6pm \$165 session	Jumps & Conditioning 4:30-5:30pm \$5 per class	Tiny Level 1 Tumble 4-6 Years old 5-5:45pm \$100 session	Level 4 & 5 5-6pm \$165 session
Level 3 & 4 Tumble 5-6pm \$165 session	Flyer Flex 5:45-6:30 \$5 per class	Tucks, Tucks & More Tucks Tuck Class 5-6pm \$165 session	STUNT Open Gym MUST COME WITH A GROUP 5-6pm \$5 per girl
High School Tumble 7:30-8:30pm \$150 Session	Open Gym 6:30-7:30pm \$10 per class SUPER HEROS BOYS TUMBLING 5:30-6:30pm Ages 4-8 \$100 per session		Level 2 & 3 Tumbling 7:30-8:30pm \$165 session

Gym Policies

- All Cheerleaders must pay a yearly Registration Fee of \$15
- 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 you 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.

Tiny Tumble: Ages 4-6. This class has been designed to help your child channel the energy and reach developmental milestones. Through basic tumbling and acrobatics 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.

Stunt Open Gym: Bring your stunt group for current stunts or learn new ones. This class is open to all stars, high school and youth league athletes.

Fall Session Starts

**Monday, September
11th**

SUMMER UNLIMITED CLASSES \$300

Attend all classes on this schedule for 8 weeks for

ONE unlimited price

Full Year team member price \$175

**Premier All-Star Cheerleading
(631)454-3797**