



PREMIER CHEERLEADING

51 Eads St

West Babylon NY

(631) 454-3797

Premierallstarcheer.com

Frontdesk@premierallstarcheer.com

SPRING TUMBLING

April 1st - June 14th

*Ask about team member discounts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TUMBLE LEVEL 1 – Working on all basic tumbling skills leading up to a Back Handspring. \$175 Spring Session		6-7pm		5:30-6:30pm		
TUMBLE LEVEL 2 – Working on a Back Handspring. \$175 Spring Session	7:30-8:30pm		5-6pm	5:30-6:30pm	5-6pm	
TUMBLE LEVEL 3 – Working on a Back tuck. \$175 Spring Session	7:30-8:30pm		5-6pm		5-6pm	
TUMBLE LEVEL 4 Working on layout & full. \$175 Spring Session	7:30-8:30pm		5-6pm			
TUMBLE LEVEL 5 Must have a full and be working on advanced passes ending in a full. \$ 175 Spring Session			5-6pm			
TINY TOT TUMBLE <u>Ages 2-4</u> Boys & girls \$100 Spring Session			9:45-10:30am			
MINI CHEER STARS <u>Ages 3-5</u> \$135 Session Intro to basic cheer skills. JUMPS, TUMBLING, MOTIONS & STUNTS			5-6pm			
TOTAL CHEER SKILLS CLASS Level 2 & 3 <u>Ages 7 & up</u> \$200 Spring Session Work Jumps, Tumbling, Conditioning & Flexibility	7:30-8:45pm					
TOTAL CHEER SKILLS CLASS Level 1 & 2 \$200 Spring Session Work Jumps, Tumbling, Strength & Flexibility		6-7:15pm				
TOTAL WORK OUT- CONDITIONING & JUMPS Work proper technique & drills to strengthen jumps, conditioning to strengthen athletes & work stamina \$5 Per Class				5-5:45pm		
FLYER TRAINING PRIVATE CLASS \$25 per athlete per week Private class for flyers to ACTUALLY FLY!!! Must register in advance! Class must have 4 to run.						
OPEN TUMBLE- \$15 Per Class Instructed Open Tumbling					7:30pm-9pm	
FLYER FLEXIBILITY - \$5 per Class			6-7pm			

GYM POLICIES No Class 4/19, 4/22-4/26, 5/27

-All Cheerleaders must pay a yearly Registration Fee of \$30

-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.

-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.

-Please call or email to schedule Private lessons. All private lessons must be paid in CASH.

-Proper Gym attire should be worn. T-shirts, Shorts Sweats & CHEERLEADING SNEAKERS.