

Tumbling, open gym et passe « VIP Access »



Tumbling is a discipline linked to gymnastics. Developing tumbling skills takes discipline, devotion and strength therefor athletes must train their bodies in and out of practice in order to excel in this domain.

WEEKLY TUMBLING CLASSES

Mandatory 1h30 minutes tumbling classes that will take place once a week are included in the registration fees (exceptions: tiny, mom & dad & Angels). Flyers Cheer Gym is proud to offer high quality tumbling classes for all ages and levels! Our staff is qualified, experienced and will ensure the safe progressions so that the athletes technique as well as over all fitness improve in order to rapidly acquire new skills. The classes are distributed throughout the week so that everyone can participate. An athlete that desires taking two tumbling classes per week can do so for an extra fee for the entire season, and can register online via Amilia.

Several classes are available (Per level)
Schedule will available in July

	Weekly Tumbling	Level up Tumbling	Private Tumbling	Semi-private Tumbling	Open Gym	Passe VIP Access Tumbling
Cost						
Fees	45\$ / Moth	200 \$	3 classes: 149,99\$ 5 classes: 229,99\$ 10 classes: 439,99\$	3 classes: 179,99\$ 5 classes: 279,99\$ 10 classes: 539,99\$	Yearly pass 99,99\$ (reg price:10\$/Open gym)	499 \$
Description						
Requirement Group / Schedule	Will be available in July	Will be available in July	Available on Amilia Contact-us info@flyerscheerleading.net		Summer: Friday night Final schedule to be determined	Access to all open gym (July 1st 2018- June 30th 2019)
Season / Session	July to April	September to April	Year around	Year around	July 1st 2018 - June 30th 2019	All weekly tumbling classes (July 1st 2018- April 2019)
Levels & ages	Classes per Level Group Class 1h30 Access to 1 class per week	Specific group classes 1h Access to 1 class per week	1h class 1 athlete 1 coach	1h class 2 athletes 1 coach	Access to all Open Gyms	All Level up Classes (September 2018-April 2019) * Do not include clinics, special camp or other events.

TUMBLING LEVEL UP (SUPPLÉMENTAIRE)

The « LEVEL UP » tumbling classes are designed for those who want to further their progress at a quicker pace in order to reach their tumbling goals in smaller groups. The « LEVEL-UP » classes are focused on specific tumbling elements in a given level.

- Level up Backhandspring (No requirement)
- Level up Back (No requirement)
- Level up Level 3-4 (Requirement: Rond-BHS punch ou Rond punch)
- Level up Full (Requirement - Layout on the tumble track)

PRIVATE & SEMI PRIVATE TUMBLING (OPTIONAL)

During private and semi private lessons, the coach will focus on specific skills so that athletes advance quickly. Ask for the coaches availability.

Available on Amilia
Contact-us info@flyerscheerleading.net