



★ Long Island Cheer

60 Trade Zone Court
 Ronkonkoma, NY 11779
 631.820.8212
www.longislandcheer.com

MONTHLY CLASS SCHEDULE 2017-2018 SEPT-JUNE

Where Cheerleading Soars to New Heights!

REV 3/8/18

TUMBLE CLASSES SEPT 2017-JUNE 2018

**** UNLIMITED TUMBLE CLASS PACKAGE - \$175/MONTH INCLUDES ALL OF THE CLASSES LISTED IN**

TUITION IS LISTED NEXT TO EACH CLASS BELOW	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTRO - \$65/MONTH 5yrs + INTRO TO TUMBLE WORK ON YOUR FRONT ROLL, HAND STAND, CARTWHEEL, ROUND OFF, BACKBEND,		6:00-7:00				10:00-11:00
TUMBLE LEVEL 1 - \$80/MONTH TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: ROUND OFF, FRONT WALKOVER BACK WALKOVER	5:30-6:30	5:00-6:00			7:00-8:00	12:00-1:00
TUMBLE LEVEL 2 - \$80/MONTH TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: STANDING BHS, STANDING BHS SERIES, BACK WALKOVER BHS, ROUND OFF BHS, ROUND OFF BHS SERIES, FRONT WALKOVER ROUND OFF BHS	6:00-7:00	7:00-8:00			6:00-7:00	1:00-2:00
TUMBLE LEVEL 3 - \$80/MONTH TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: TOE TOUCH BHS, STANDING BHS SERIES TO TUCK, ROUND OFF TUCK, ROUND OFF BHS TUCK, FRONT WALKOVER ROUND OFF BHS TUCK, RUNNING PUNCH FRONT, STANDING COMBO TO ROUND OFF BHS TUCK	7:00-8:00				7:00-8:00	2:00-3:00
TUMBLE LEVEL 4 - \$80/MONTH TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: STANDING TUCK, STANDING (2) BHS LAYOUT, TOE TOUCH BHS TUCK, ROUND OFF BHS LAYOUT, PUNCH FRONT ROUND OFF BHS LAYOUT, ROUND OFF WHIP (2) BHS LAYOUT	6:00-7:00				6:00-7:00	1:00-2:00
TUMBLE LEVEL 5 - \$80/MONTH TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: STANDING (2) BHS FULL, TOE TOUCH TUCK, ROUND OFF BHS FULL, ROUND OFF FULL, SPECIALTIES TO FULL, ROUND OFF BHS DOUBLE FULL	8:00-9:00				7:00-8:00	2:00-3:00
BOYS ONLY TUMBLE - \$45/MONTH BOYS OF ALL AGES & ABILITIES WORK ON YOUR TUMBLE & FLIPPING SKILLS IN THIS BOYS ONLY CLASS!				4:30-5:15		
TUMBLE STARS - \$45/MONTH START THEM EARLY! AGES (3-4YRS) LEARN THE BASICS OF TUMBLE & CHEER HAVE FUN WITH OBSTACLE COURSES, TRAMPOLINES AND MATS!		3:45-4:30				12:00-12:45
OPEN GYM (AGES 8 & UP) \$10/CLASS FOR REGISTERED ATHLETES, \$20/CLASS UNREGISTERED ATHLETES USE OUR FACILITY TO BETTER YOUR SKILLS - SUPERVISED					8:00-10:00	3:00-5:00

ULTIMATE PACKAGE UNLIMITED CONDITIONING & STANDING CLASSES IN YOUR LEVEL for additional \$45/month

CONDITIONING CLASSES

JUMP TECHNIQUE - \$45/MONTH APPROACH, EXECUTION & LANDING	6:15-7:00					1:15-2:00
FLYER FLEXIBILITY - \$45/MONTH BACK, FRONT FLEXIBILITY & BODY POSITION EXECUTION				6:15-7:00		12:30-1:15
STRENGTH/CONDITION - \$45/MONTH WORK OUT TO BUILD ENDURANCE FOR YOUR ROUTINES	7:00-8:00			7:00-8:00		2:00-3:00

STANDING TUMBLE CLASSES

BACK WALKOVER CLASS - \$65/MONTH WORKING & MASTERING BACK WALKOVER TECHNIQUE			7:15-8:00			11:45-12:30
BACK HANDSPRING CLASS - \$65/MONTH WORKING & MASTERING BACK HANDSPRING TECHNIQUE			6:30-7:15			11:00-11:45
BACK TUCK CLASS - \$65/MONTH WORKING & MASTERING BACK TUCK TECHNIQUE			5:45-6:30			10:15-11:00
PARENT WORKOUT CLASS - CALL FOR PRICING	8:00-9:00		8:00-9:00			

IMPORTANT INFORMATION

****MULTI-CLASS SAVINGS - 50% OFF YOUR 2ND CLASS (of equal or lesser value)****

****SIBLING SAVINGS - SIBLINGS RECEIVE 15% OFF (of equal or lesser value)****

**ALL TUITION PRICES ARE LISTED FOR 1X/WEEK. FOR MULTI CLASSES, YOU CAN SAVE 50% OFF 2ND+ CLASS WITH OUR MULTI CLASS SAVINGS
 DID YOU MISS A CLASS?? NO WORRIES, ALL CLASSES CAN BE MADE UP! LOOK OVER THE SCHEDULE ABOVE AND PICK ANOTHER CLASS IN YOUR TUMBLE LEVEL.**

WHEN MAKING UP CLASSES NO NEED TO CALL AHEAD, JUST COME IN.

**JUST REMEMBER, ALL CLASSES MUST BE MADE UP WITHIN THE CALENDAR MONTH. THEY DO NOT CARRY OVER TO THE NEXT MONTH
 TO MAKE THINGS EASIER- IF YOU KNOW YOU WILL BE MISSING IN ADVANCE, YOU MAY MAKE UP CLASSES PRIOR TO THE ABSENCE TOO!**