



## Spirit Professionals Tumbling Program

The tumbling program is for ages approximately 7 years and older. Members can join anytime! We bill on an open-ended, monthly basis. We have registration for classes every week. Registration and orientation is currently held every Friday at 5:00 for the Hammond location, and Wednesday at 6:00 for the Covington location. Check website for changes prior to coming.

**Tumbling Classes:** \$60 per month and \$35 annual registration fee. All tumbling classes have an 8 students-to-teacher ratio.

### Level 1:

This class helps to develop basic physical strength and flexibility for tumbling. General tumbling terminology and tumbling safety are stressed every class. The primary skills focused on are: jumps, handstands, backbends, cartwheels, roundoffs, walkovers, and standing back handsprings.

### Level 2:

This is a continuation of Level 1, and progresses on with running tumbling and tucks. Also taught are more advanced jumps and combinations, and stronger weight-bearing skills.

### Level 3:

This is a continuation of Level 2, with a focus on perfecting tucks, progressing through layouts, and beginning aerials.

### Level 4:

This is a continuation of Level 3 to perfect layouts and aerials, and to introduce twisting.

**Cheer Basics:** (4 yrs and older) The class instruction will focus on the fundamentals of cheerleading. Motion and voice technique will be coached while students learn cheers and chants. Jump technique and drills will be taught from simple to complex jumps. A cheer style dance with motions will also be taught. The basic principles of safe stunting will be taught depending on class dynamics. Sessions are generally 12 weeks, approx. \$65 per month and include bow and t-shirt.

**Birthday Parties with Inflatable Jumps!:** You bring the kids and we take care of the rest. On the weekends our 10200sq.ft facility will be transformed into the best party place in town for birthday parties. Our private parties will be held indoor and will include inflatable jumps, drinks, ice cream and more!

**What to expect for terms and fees:** We do not have terms and members can join at anytime! We bill on an open-ended monthly basis and use ABC Financial Services to handle billing. First time members sign a membership agreement for the monthly class fee plus an annual \$35 membership fee. The first payment that is due at registration is the \$35 annual membership fee plus the first month's class fee. Members will then be automatically billed on a monthly basis. If a member decides they would like to cancel a membership, the billing can simply be stopped by giving Spirit Professionals a 2 week written notice. Family Members receive a 10 percent discount. ABC Financial Services offers 2 forms of payment.-ETF (electronic funds transfer from your checking account)-Credit Card-Payment. Call 1-985-345-4383 for questions or visit [www.spiritprofessionals.com](http://www.spiritprofessionals.com)

Our goal is to provide all our members with a safe and fun environment where they can reach their full potential. In order to provide feedback to our members and parents, we have developed a skill evaluation system that ensures each member knows what skills they have mastered and the areas in need of improvement. Coaches will provide individual evaluations about every 12 weeks. Members can change classes anytime if their skills warrant.\*Tumbling program progression focuses on skill level, and not age.

