



2018 Fall Tumbling Class Schedule



CLASS	DAY	TIME	PREREQUISITE	SKILLS TAUGHT
Teeny Weenies (ages 3-5)	Tuesday Wednesday Thursday	5-6 PM 3:30-4:30 PM FULL 4:30-5:30 PM	None	Body positions, Gross motor skill training, Front/Back rolls, Backbends, Handstands, Cartwheels, Round-offs
Level 1 (ages 6-9)	Monday Monday Tuesday Wednesday Wednesday Wednesday Thursday	4-5 PM 6-7 PM 4:30-5:30 PM 3:30-4:30 PM FULL 4:30-5:30 PM FULL 6-7 PM 4-5 PM	None	Handstands, Cartwheels, Round-offs, Backbend kickovers, Front/Back walkovers, Standing/Running BHS
Level 1 (ages 10 & up)	Monday Wednesday	6-7 PM 6-7 PM	None	Handstands, Cartwheels, Round-offs, Backbend kickovers, Front/Back walkovers, Standing/Running BHS
Level 2 (all ages)	Monday Thursday	4-5 PM 5:30-6:30 PM	Standing BHS or Round-off BHS	Back walkover BHS, Jumps to BHS, Standing/Running BHS series, Front walkover to BHS series, Introduction to standing/running back tuck
Level 3/4/5 (all ages)	Wednesday Wednesday Thursday	4:30-5:30 PM 7-8 PM 5:30-6:30 PM	Running and Standing BHS series of 3 or more	<u>Level 3</u> - Jumps to BHS series, Standing/Running back tucks or BHS back tucks & BHS series to back tuck, Punch fronts, Introduction to layouts <u>Level 4</u> - Jump to standing back tuck or BHS back tuck, Round-off BHS layouts, Layout step outs, Switch kicks, Specialty passes to layout or more, Introduction to fulls <u>Level 5</u> - Jumps to back tuck, Standing/Running fulls, Series to full, Jumps to full, Whips, Arabians, Specialty passes to fulls, Doubles and all other elite tumbling
Showtime (all ages)	Tuesday	5:30-7 PM	None	A challenging, competitive cheer-like workout including: Standing and Running Tumbling, Stunting, Jumps, Motion Technique, Dance, Strength and Conditioning
Game Day (all ages)	Thursday	6-7 PM (Space Limited)	Interest in school cheerleading	Overall cheer technique, Jumps, Motion technique, Chants, Spiriting, Flexibility, Perfecting tumbling with no spotting, Conditioning, Basic stunting
#1 Stunter (all ages)	Monday	7-8 PM	Interest in learning, improving and/or polishing and perfecting stunting skills	Expert stunt training for bases, flyers and back spots. Coed, Two-Man and All Girl style stunting from beginner to elite level training with HEC coaches.
Bring It (all ages 6-10)	Monday	5-6 PM	Interest and introduction to cheerleading	Overall Cheer Technique, Jumps, Motion Technique, Chants, Spiriting, Dance, Conditioning, Basic Stunting
Open Gym (all ages)	Sunday	2-4 PM	\$15 (Members) \$20 (Nonmembers) <i>Cash only</i>	Open gym is a time for athletes to focus on skills at their pace in a laid back atmosphere. There is no structure to open gym. Staff will be there to spot tumbling. Stunting is not allowed.
Create Your Own PRIVATE CLASS (all ages)	YOU PICK: Monday-Thursday	YOUR CHOICE 3-9 PM	4 or more athletes with same interest	Exclusive classes for private groups seeking individualized attention and structure in cheer, tumbling, stunting and/or dance.

ALL trial, makeup and #1 Stunter athletes must schedule via email at houstonelitecheer@yahoo.com

HEC Payment and Class Information

- ⊗ One hour classes are \$82/month, Showtime is \$132/month, and #1 Stunter is \$107/month or \$35/class. *Fees effective January 2018.*
- ⊗ Cash, checks and credit/debit cards are accepted. AMEX is **not** accepted. All initial payments must be paid in cash or by check. Credit card initial payments will include a \$5 processing fee.
- ⊗ ALL Houston Elite Cheer (HEC) athletes must pay a registration fee. January – June the registration fee is \$50, and July – December it is \$25. This fee is due at the time of enrollment and is nonrefundable. The registration fee is renewed annually in January.
- ⊗ Trial classes are offered. Athletes will pay a nonrefundable \$20 fee for each trial class.
- ⊗ You may elect to pay monthly in cash or by check before the 5th OR have monthly credit/debit card drafts set up with HEC. If you elect to pay in cash or by check, credit/debit card payments for tuition will include a \$5 processing fee.
- ⊗ Automatic drafts for tuition will be on or about the 1st of every month.
- ⊗ ALL clients must provide a guaranteed payment for their account. By signing the required *Account Guarantee* form, the athlete(s) associated with the account are **enrolling** in a class and will be contractually binded to the guidelines governing classes at HEC. **In order to discontinue classes and not be charged for tuition, a 30-day written notice must be given to HEC for termination of services and monthly credit/debit card drafts.** Written notice may be provided in person at HEC or by email at houstonelitecheer@yahoo.com. To avoid charges, the 30-day notice must be submitted **before the 5th of the preceding month.**
- ⊗ Clients who do not elect to have automatic drafts must pay before the 5th of the month in cash or by checks payable to HEC. If payment is not received before the 5th, the guaranteed payment on file will be charged and will include a \$25 late fee.
- ⊗ Any accounts with a balance due after the 4th day of the month will automatically be charged a \$25 late fee, and the athlete(s) associated with the account may be withheld from participating in activities at HEC.
- ⊗ The returned check fee is \$35, and athletes will not be allowed to participate in any activities at HEC until the late fee and/or delinquent tuition are paid in full.
- ⊗ The #1 Stunter class is available for ENROLLMENT at \$107/month or you may PAY AS YOU GO at \$35/class with email reservation and confirmation. There will be no refunds for prepaid “PAY AS YOU GO” classes if you miss a prescheduled time.
- ⊗ Athletes not enrolled in the #1 Stunter class must email HEC to check for availability and receive confirmation to attend every week before Sunday at 6 PM. Pay as you go clients who fail to email in advance will pay an additional \$10 fee due before class. Athletes must complete a *registration* and *#1 Stunter Account Guarantee* form. Athletes who attend more than one class will pay a registration fee. Cash or checks are accepted. Credit/debit card payments will include a \$5 processing fee.
- ⊗ There is a 10% discount for the second class if an athlete is enrolled in more than one class per week.
- ⊗ Athletes are encouraged to wear a T-shirt, sports bra or fitted top, shorts, tennis shoes and have their hair pulled away from their face. Athletes who wear leotards must also wear shorts, spankeys or leggings.
- ⊗ Athletes who arrive more than 15 minutes late will not be allowed to join the class or participate.
- ⊗ Parents, siblings and friends are not allowed in the gym area at any time.
- ⊗ Active members who refer more than one new client that enroll in classes will receive a discount on HEC activities.
- ⊗ A makeup class is available the last Tuesday in every month from 7-8 PM for tumbling classes levels 1-5. **You must make an appointment at least 24 hours before via email in order to make up a missed class.** Makeups are not available for “future” missed classes. One makeup per month is allowed. There will be no makeups for makeups. **If you miss a makeup you scheduled, you will be charged a \$10 no show fee which will be included on your next tuition payment.**
- ⊗ Credits and makeup classes cannot be transfer from athlete to athlete.
- ⊗ No makeup classes are offered for Teeny Weenies, Showtime, Game Day or the “Bring It” class. No refund or credits will be given.
- ⊗ A credit will remain active for 90 days. No monetary refunds will be given. A credit may be issued toward HEC activities.
- ⊗ If an hour class has less than three athletes, the class will be 45 minutes.
- ⊗ Private classes are available. There must be a minimum of 4 athletes. Your private class time can be closed to all other outside athletes and can/will be exclusive to you. Makeups are available but must be scheduled with HEC in advance via email. There will be a \$10 rescheduling fee per athlete enrolled in a private class which will be included on the following month’s tuition.