



# ASA Class Schedule

## Tumbling, Cheer, Tricking, Hip Hop & Fitness for all ages!

Ratio for all tumbling classes: Max is 6 to 1

Students are enrolled on a first come first serve basis and must preregister to ensure their spot. Students will not be transferred to the following session unless that session has been paid for in full. Additional instructors may be added to classes that enroll over 6 athletes. Walk ins are welcome for \$25.00 per class if space is available. Substitutions are allowed if space is available and must be completed within the same session. No credits or refunds will be given for missed classes for any reason. 24-hour notice must be given for any substitutions. When canceling or rescheduling a private or buddy lesson, 24-hour notice must be given. Failure to notify your coach 24 hours in advance will result in a 50% charge of the private.

**Class Duration: 6 weeks 05/27 – 07/07 \*\*\*Please see notes for closed classes\*\*\***

---

### \*\*\*NEW\*\*\* Cheer 101 Class – No Class Max

Get a head start on tryouts and an introduction to Allstar Cheerleading with our Cheer 101 Class. Perfect for any new incoming athletes wanting to explore what cheer is all about. Also great for returning members wanting to brush up on the basics. Coach Paria will teach everything from Motion Technique, Allstar Jumps, Stunts, Flyer Body Positions, Cheer Dance Choreography, Tumbling and much more!

DAY	INSTRUCTOR	TIME	FEE	NOTES
Monday	Paria Harirsaz	5:15-6:15pm	\$100.00/5 weeks	No Class 05/27

### Flexibility Class – No Class Max

Cool down after Open Gym with Coach Paria! This class is designed to teach students the proper stretching techniques to increase flexibility. Students will also work on concepts of a flyer such as balance, control, body positions and stability. You do not have to be a flyer to take this class however it is a great course for aspiring flyers. Techniques learned also help achieve better jumps and tumbling. Great way to end a long weekend and set the tone for a great week ahead.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Sunday	Paria Harirsaz	5:00-6:00pm	\$40.00/2 weeks	No Class 06/02, 06/09, 06/16, 06/23

## Introduction to Tumbling Classes

Requirements: No Experience necessary. This class is designed for beginner tumblers looking to learn the fundamentals of tumbling technique. Athletes will be introduced to basic tumbling skills such as handstands, bridges, forward/backward rolls, cartwheels, round offs as well as learn proper technique and body awareness to safely execute each skill set.

Coaches will condition athletes to help develop and advance each specific skill.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Tuesday	Kayla Leon	5:15-6:15pm	\$100.00/5 weeks	No Class 05/28

## Level 1 Tumbling Classes

Requirements: The focus of this class will be to perfect front/back walkovers and level 1 appropriate combo passes. Athletes in this class should already have the fundamentals of tumbling. Athletes should be able to properly execute a handstand, cartwheel and have the basic understand of a roundoff.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Monday	Kayla Leon	5:15-6:15pm	\$100.00/5 weeks	No Class 05/27
Tuesday	Paria Harirsaz	6:15-7:15pm	\$100.00/5 weeks	No Class 05/28
Wednesday	Paria Harirsaz	6:00-7:00pm	\$100.00/5 weeks	No Class 05/29
Thursday	Paria Harirsaz	5:00-6:00pm	\$80.00/4 weeks	No Class 05/30, 07/04

## Level 2 Tumbling Classes

Athletes must have a front and back walkover to enroll in this class. Focus will be to perfect back and front handsprings and level 2 combo passes.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Monday	Kayla Leon	6:15-7:15pm	\$100.00/5 weeks	No Class 05/27
Tuesday	Corrinne Gwartney	6:15-7:15pm	\$100.00/5 weeks	No Class 05/28
Thursday	Kayla Leon	6:00-7:00pm	\$80.00/4 weeks	No Class 05/30, 07/04
Friday	Corrinne Gwartney	5:30-6:30pm	\$100.00/5 weeks	No Class 06/07

## Level 3/4 Tumbling Classes

Athletes must have at strong standing and running back handspring to enroll in this class.

Focus will be to perfect back and front tucks, layouts and level 3/4 combo passes.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Wednesday	Tiffany Chambers	4:00-5:00pm	\$100.00/5 weeks	No Class 06/26
Friday	Corrinne Gwartney	4:30-5:30pm	\$100.00/5 weeks	No Class 06/07
Sunday	Corrinne Gwartney	12:00-1:00pm	\$60.00/2 weeks	No Class 06/02, 06/09, 06/16, 06/23

## Loopkicks - Tricking Class - No Class Cap

Learn hip hop style flipping & twisting skills with Team Loopkicks. Open to all ages and skill levels. No experience necessary!

DAY	INSTRUCTOR	TIME	FEE	NOTES
Tuesday	Coach Mark	5:00-6:00pm	\$100.00/5 weeks	No Class 05/28

## Trick-N-Freeze Class - No Class Cap

This one-hour class will provide students with the knowledge of hip hop tricking and freeze poses. Students will learn to master skills required of our ASA Elite hip hop teams and that are used in our competitive routines. Led by one of our current Elite Dance team coaches, Kayla will break down the fundamental elements of hip hop tricks and teach some new creative partner tricks. Don't miss out!

DAY	INSTRUCTOR	TIME	FEE	NOTES
Thursday	Kayla Leon	5:00-6:00pm	\$80.00/4 weeks	No Class 05/30, 07/04

## Open Gym - No class Cap

Available to athletes of all ages & skill levels. Students are invited to come in & use of facility and equipment to work on whatever skills they choose. Our staff will be there to help with perfecting dance choreography, spotting tumbling, spotting and helping with stunt technique, etc. Whether you are coming in to work on team skills or just to meet some new friends, ASA Open Gym is a fun, high energy environment created to offer our athletes extra practice time.

DAY/DATE	INSTRUCTORS	TIME	FEE
Monday 06/03	Paria, Madi, Corrinne	3:30-5:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Tuesday 06/04	Paria, Kayla, Madi	3:30-5:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Wednesday 06/05	Paria, Corrinne, Katie	7:00-8:30pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Thursday 06/06	Paria, Madi, Corrinne	3:30-5:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Wednesday 06/12	Kayla, Madi, Corrinne	2:30-4:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Saturday 06/15	Kayla, Katie	10:00-11:30am	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Wednesday 06/19	Paria, Katie	2:30-4:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Wednesday 06/26	Kayla, Paria, Ashlyn	2:30-4:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Sunday 06/30	Paria, Ashlyn	3:30-5:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins
Sunday 07/07	Paria, Katie	3:30-5:00pm	\$5 ASA Elite, \$7 ASA Prep, \$10 Walk Ins

## ASA End of Season SUPER Kids Night Out

Come spend a fun filled night with your ASA Family! Kids ages 3-18 yrs. are welcome!

DAY/DATE	INSTRUCTORS	TIME	FEE	NOTES
Saturday 06/01	Corrinne Gwartney Ashlyn Yee Paria Harirsaz Aneesh Bhagath Madi Amaral Tiffany Chambers	6:00-9:00pm	\$45.00  \$5.00 sibling discount	PJ PARTY! Wear your favorite PJ's Jump House, Trampoline, Air Track, Contests, Nerf War, Talent Show Prizes, Face Painting, Open Gym, Pizza, Movie, Arts & Crafts, Stunting, Dancing, Tumbling, Friends & MORE! (Bring your own Nerf Gun to participate IN THE Nerf War. We will have an optional activity for anyone who does not want to play.)

## End of Season Assessment & Consultation

Let's discuss your goals for next season & make a plan to achieve them before tryouts! One of the most common challenges we see each season is athletes trying to acquire new skills within 2 weeks of auditions to "level up." This often leaves athletes frustrated and feeling defeated before our season even begins when they don't end up making the team of their dreams. Don't wait until the last minute to learn what you need to be working on. We are 5 months from auditions, **TOGETHER WE CAN DO THIS!**

TO SCHEDULE	INSTRUCTOR	DURATION	FEE	NOTES
Text 408-772-0959	Tiffany Chambers	45 Minutes	\$50.00	25 min assessment followed by a 20 min consultation. We encourage parents to be present for the last 20 minutes of the assessment for the consultation.

## ASA Birthday Parties

Let our ASA Party Crew customize a great event for you! Our gym and all its amenities are yours for the day to celebrate with your friends and family. Our coaches will help entertain your guests and organize fun games, tumbling classes, dance routines, teach stunts and much more!

TO SCHEDULE	PARTY CREW	FACILITY FEE	SET UP & CLEAN UP	PARTY DEPOSIT	REGISTRATION
Text 408-772-0959	Our required Coach to participant ratio is 6 to 1. \$25 per hour per instructor	\$75.00/Hour	Make sure you include time to decorate, set up and clean up your party. Our staff will be there to help.	A 50% deposit is required to hold your date. Remaining balance must be paid on the day of your event.	All participants must have an ASA Waiver & Basic Info Sheet on file to participate. Registration packets can be found on our website.

## ASA 2019 Cheer & Dance Tryouts

Come join our World recognized Cheer & Hip Hop Teams this season! We have teams for all ages and skills levels. Whether you have been competing in Allstars for years or this is your first season, our coaches are dedicating to giving you an amazing experience both in your skill development as well as making unforgettable memories. Throughout the season, you will compete, participate in community events, form lifetime friendships, attend team bonding events and gym wide parties, and develop new Allstar skills. We are a FAMILY and we are in this TOGETHER!

AUDITION DATES	TIME	TRYOUT FEE	REGISTRATION	PACKET LOCATION
Cheer Evaluations Friday, June 7 <sup>th</sup>	Level 1 4-6pm Levels 2 & Up 6-8pm	\$40 for current ASA Athletes	Print & fill out the attached sheets at the end of the tryout packet and submit that & your payment before Wednesday June 5 <sup>th</sup> .	Tryout packets can be found on our website. Please be sure you are filling out a tryout packet and not a registration packet.
Dance Evaluations Saturday, June 8 <sup>th</sup>	Ages 3-9yrs 10am-12pm Ages 10 & Up 12:30-2:30pm	\$50 for New Incoming Athletes		
Finals Auditions for all athletes Sunday, June 9 <sup>th</sup>	Cheer 12:00-2:00pm Hip Hop 2:30-4:30pm			

Can't make it to the group audition? No problem! Text 408-772-0959 to schedule your private audition and see your name posted with our team results!

## ASA Cheer & Hip Hop Summer Camp

Come spend a week training your favorite skills with us!

CAMP SCHEDULE	CAMP FEE	REGISTRATION
Cheer Camp July 16 & 17	ASA Athletes Required to attend Camps pertaining to their team in addition to tumbling camp.	All participants must have an ASA Waiver & Basic Info Sheet on file to participate. Registration packets can be found on our website. Space is limited! Your spot will not be reserved until full payment has been made.
Tumbling Camp July 18 & 19	4 Day Camp \$296.00/ 6 Day Camp \$496.00	
Hip Hop Camp July 20 & 21	Non ASA Athletes 2 Day Camp \$145.00 + \$30.00 Registration = \$175.00 4 Day Camp \$296.00 + \$30.00 Registration = \$326.00 6 Day Camp \$496.00 + \$30.00 Registration = \$526.00	

To reserve your spot in any class or workshop please contact us in advance. Space is limited ©

AlmadenSpiritAthletics.com    AlmadenSpiritAthletics@gmail.com    ASA Ph/ Call or Text 408-772-0959  
Want to stay up to speed with everything ASA? Follow us on Social Media.



Give your favorite Allstar Gym a shout out on Yelp!

