

California Sprit Recreational Class Schedule

SUMMER SESSION 2018-2019



All classes are 1-hour long and consists of 10 minutes of warm-up and 50 minutes of instructional training

| CLASSES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SUNDAY |
|--|--|---|---|--------------------------------------|------------------|---------------------|
| RISING STAR (5-9 YEARS OLD) | 2:30pm (Intro to Tumbling) Christina | 2:30pm (Intro to Tumbling) Christina | 3:30pm (Intro to Tumbling) Christina | 6:00pm (Intro to Tumbling) Hannah | | |
| | 3:30pm (Intro to Tumbling) Christina/Kiki | 3:30pm (Intro to Tumbling) Christina | | | | |
| | 5:00pm(Intro to Tumbling) Samantha | | | | | |
| BOYS TUMBLING/PARKOUR | | | | 4:00pm Christina | | |
| INTRO TO TUMBLING | 6:00pm Samantha | 6:30pm Christina | 4:30pm Jess | | 4:00pm Jess | |
| INTRO TO TUMBLING 2 | 4:00pm Christina/Kiki | 5:30pm Tyeler | 6:30pm Jess | | 5:00pm Jess | 4:00pm Christina |
| | 7:00pm Samantha | | | 6:00pm Tyeler | | |
| BACK HANDSPRING 101 | 5:00pm Christina/Tyeler | 4:30pm Christina | | 5:00pm Christina/Tyeler | 6:00pm Jess | 5:00pm Christina |
| | | 6:30pm Tyeler | 5:30pm Kiki | | | |
| | | | 8:00pm Christina | | | |
| FLIP FLOPPIN' | 6:00pm Tyeler | 5:30pm Christina | 4:30pm Christina | | | 7:00pm Christina |
| TUCK AWAY CLASS | | | 5:30pm Christina/Jess | 6:00pm Christina | | 6:00pm Christina |
| LAY OUT/TWISTING CLASS | 6:00pm Christina | | | | | |
| 50/50 CHEER | 4:00pm (Rising Star: 50/50) Tyeler | | 5:00pm Samantha | 5:00pm Hannah | 4:00pm Hannah | |
| | | | | | 5:00pm Hannah | |
| FLIGHT SCHOOL | 4:00pm Samantha/Chris/KiKi | 4:00pm Chris/Kiki/Jess | 4:00pm Kiki/Tyeler/Chris | 6:00pm Shalia/Chris/Hannah | | |
| JUMPS CLASS (30 MIN ONLY) | | 6:30-7:00pm Jess | 7:00-7:30pm Samantha | | | |
| CONDITIONING (30 MIN ONLY) | | | | | | |
| ALL-STAR TUMBLING WINTER | 7:00-8:30pm Christina/Shalia/Tyeler | | 6:30-8:00pm Christina/Tyeler | 7:30-9:00pm Christina/Tyeler | | |
| ALL-STAR STRETCHING (30 MIN) | | | | | | |
| TEAM TRAINING/FLOOR RENTAL | | | | | | |
| CHEER PREP | | 5:30pm & 7:00pm Jess | 5:00pm Tyeler | 4:00pm Tyeler | | |
| OPEN GYM (\$5 ALL STARS/\$10 NON- AS) | | | | | 7:00pm Jess | 2:30pm Christina |

Classes take a maximum of 8. Athletes must receive an email confirmation prior to attending class. All classes are 1 hour long and consist of 10 minutes of warm-up and 50 minutes of instructional training

CLASSES:

INTRO TO TUMBLING- This class will focus on basic tumbling skills, which are the building blocks for future classes. Forward rolls, handstands, and cartwheels are some of the skills worked on.

INTRO TO TUMBLING 2- This class will introduce more fundamental tumbling skills and set an excellent platform for future tumbling. Front and Back walkovers, round offs are just some skills learn.

BACK HANDSPRING 101- This class is solely focuses on mastering running and standing back handspring. Mastering Intro and Intro 2 should be met before taking this class but not required.

FLIP FLOPPIN'- Students must have a strong standing and running back handspring. This class will focus on obtaining multiple handsprings and more difficult passes and combinations.

TUCKING AWAY- Students must have a strong core and series handsprings to take this class. This class will introduce students to the fundamentals of tucks, the building blocks for elite tumbling.

LAY OUT & TWISTING- Must have tuck mastered. This advanced class will introduce layouts and twisting flipping skills. Athletes will also learn advanced tumbling combos to connect skills.

50/50 CHEER- In 50/50 students will learn half cheer and half tumbling. This is a great class for anyone interested in learning what cheerleading and tumbling is all about. FUN & EXCITING!!!

JUMPS CLASS- Improve cheerleading jumps by stretching, performing, and conditioning using proper form of technique. Cheerleading jumps are the main focus in this class.

CONDITIONING CLASS- This class is devoted exclusively to CONDITIONING AND STRENGTH TRAINING. This is a 30 minute intense class to keep you in shape and to strengthen your body so that the most difficult of skills are attainable for you. Must be ages 8 and older to participate.

FLIGHT SCHOOL- This class focuses on learning how to "FLY" in the air. Students will learn core strength and learn from coaches and master to fly.

CHEER PREP (NEW)- The class offers the basic fundamentals of cheerleading. Athletes will work on the basic skills that touch on dance, motions, jumps, and flexibility.

RISING STAR: INTRO TO TUMBLING (ages 5-9 years old)- This class will focus on basic tumbling skills, which are the building blocks for future classes. Forward rolls, handstands, and cartwheels are some of the skills worked on.

BOYS TUMBLING/PARKOUR (Boys ages 8 and above)- Build confidence, tumble like a superhero, and develop athletic skills.

MAKE-UP POLICY: If an athlete has to miss a class for any reason, as a courtesy, CSE offers one make-up per month for every class the athlete is enrolled in and the class must be made up in the same month the class was missed. Make-ups must be scheduled and confirmed with the office in advance. Make-ups are only available in classes with space available. There are no make-ups for holiday closing.

NO CREDIT OR REFUND WILL BE GIVEN FOR MISSED CLASSES. THERE ARE NO EXCEPTIONS TO THIS POLICY.

*****Our monthly classes consist of 3-5 class sessions depending on the month. Any class that meets less than 3 times in the month, the class will be pro-rated*****



PRICING:

ALL PRICING IS BASED OFF OF ONE MONTH SESSIONS

YEARLY MEMBERSHIP FEE- \$55

1 HOUR FLOOR RENTAL- \$90

OPEN GYM (CASH ONLY) - ALL STAR \$5/NON-ALL STAR \$10

ONE CLASS PER WEEK- \$89

TWO CLASSES PER WEEK- \$160

THREE CLASSES PER WEEK- \$240

FLIGHT SCHOOL (One Month Session)- \$100

JUMPS or CONDITIONING (30-Minute Session)- \$56

TO SIGN UP FOR A CLASS OR MAKE-UP PLEASE EMAIL REGISTRATION@CSECHEER.COM

30 MINUTE PRIVATE LESSON- \$45

30 MINUTE GROUP LESSON- \$50

60 MINUTE PRIVATE LESSON- \$85

60 MINUTE GROUP LESSON- \$90

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