

California Sprit Recreational Class Schedule
FALL 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	SATURDAY	SUNDAY
RISING STAR (5-9 YEARS OLD)	2:30pm (Intro to Tumbling) Christina 3:30pm (Intro to Tumbling) Jhalese	2:30pm (Intro to Tumbling) Christina 3:30pm (Intro to Tumbling) Christina	3:30pm (Intro to Tumbling) Christina	6:00pm (Intro to Tumbling) Kiki			
PRESCHOOL SHINING STARS						9:00am Christina	
PRESCHOOL SHOWSTOPPERS						9:45AM Christina	
BOYS TUMBLING/PARKOUR				4:00pm Christina			
INTRO TO TUMBLING	6:00pm Kiki	6:30pm Kiki		5:00pm Tyeler	4:00pm Jess		
INTRO TO TUMBLING 2	5:00pm Kiki 7:00pm Tyeler/	5:30pm Shalia	6:30pm Tyeler/Kiki		5:00pm Jess	9:00am Ishan	4:00pm Christina
BACK HANDSPRING 101	4:00pm Christina 7:00pm Josh	4:30pm Christina 6:30pm Josh	5:30pm Kiki 8:00pm Christina	5:00pm Christina/Josh 7:00pm Josh	6:00pm Jess	10:30am Ishan	5:00pm Christina
FLIP FLOPPIN'	6:00pm Tyeler	5:30pm Josh	4:30pm Christina			11:00am Ishan	7:00pm Christina
TUCK AWAY CLASS	8:00pm Josh	7:30pm Josh	5:30pm Christina/Jess	6:00pm Josh			6:00pm Christina
LAY OUT/TWISTING CLASS	6:00pm Christina						
50/50 CHEER			5:00pm Tyeler	5:00pm Kiki	4:00pm Ihsan 5:00pm Ihsan		
FLIGHT SCHOOL	4:00pm Jess/Chris/Jhalece/Tyeler 7pm All Star Shalia/Jhalese/Chris	4:00pm Jhalece/Jess/Tyeler	4:00pm Tyeler/Jhalece/Jess	6:00pm Chris/Tyeler/Jhalece			
JUMPS CLASS (30 MIN ONLY)		6:30-7:00pm Shalia	7:30-8:00pm Shalia				
ALL-STAR TUMBLING SUMMER	7:00pm (Vogue) Christina		6:30pm (Glam Squad) Christina	6:00pm (Celebrities) Shalia 7:00pm (Diamonds) Christina 8:00pm (Royalty) Jess/Christina			
TEAM TRAINING/FLOOR RENTAL	5:00pm (T-birds) Christina/Tyeler/Josh 4:00pm (T-birds) Floor Rental			4:00-6:00pm (T-birds) 6:00-8:00pm SR Bears			
CHEER PREP		5:30pm Kiki & 7:00pm Tyeler		4:00pm Tyeler			
OPEN GYM (\$5 ALL STARS/\$10 NON- AS)					7:00pm Jess		2:30pm Christina

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.

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.

PRESCHOOL SHINING STARS (2-3 year olds) *parent participation required* These classes are a great way for your preschool to build confidence, develop hand-eye coordination, develop balance and fine and gross motor skills – and meet some new friends too! Led by our Coaches, parents will help their children through fun Tumbling skills and activities.

PRESCHOOL SHOWSTOPPERS (4-5 year olds) *children participate without parents* These classes introduce our little ones to the independence of participating in classes on their own. Children will learn to follow directions, develop their social skills (i.e. waiting and taking turns), establishing a strong sense of self confidence and self-esteem - and learn to have FUN while being physically active. Our Coaches will help students learn the fundamentals of Tumbling Skills and Cheerleading - all in a quite active, safe environment.

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

PRESCHOOL ONE CLASS PER WEEK - \$80

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