

## 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) Kiki	3:30pm (Intro to Tumbling) Christina				
	5:00pm(Intro to Tumbling) Jess					
BOYS TUMBLING/PARKOUR				4:00pm Christina		
INTRO TO TUMBLING	6:00pm Kiki	6:30pm Kiki			4:00pm Jess	
INTRO TO TUMBLING 2	4:00pm Christina	5:30pm Tyeler	6:30pm Jess/Tyeler		5:00pm Jess	4:00pm Christina
	7:00pm Tyeler/Kiki			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 Tyeler	5:00pm Hannah/Kiki	4:00pm Hannah	
					5:00pm Hannah	
FLIGHT SCHOOL	4:00pm Jess/Chris/Kiki	4:00pm Chris/Kiki/Jess/Tyeler	4:00pm Kiki/Tyeler/Chris/Jess	6:00pm Chris/Kiki/Hannah		
JUMPS CLASS (30 MIN ONLY)		6:30-7:00pm Jess	7:00-7:30pm Kiki			
CONDITIONING (30 MIN ONLY)						
ALL-STAR TUMBLING WINTER						
ALL-STAR STRETCHING (30 MIN)						
TEAM TRAINING/FLOOR RENTAL						
CHEER PREP		5:30pm & 7:00pm Jess		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](mailto: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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