

## Join Us For 3 for \$30 TRIAL Class!

2877 N Dirksen Parkway  
Springfield, IL  
217-679-4058

### Email

[www.ceacheer.com](http://www.ceacheer.com)

### Website

[capitalelite19@gmail.com](mailto:capitalelite19@gmail.com)

### Gym Hours

Monday	5:00-9:00pm
Tuesday	5:00-9:00pm
Wednesday	5:00-9:00pm
Thursday	5:00-9:00pm
Saturday	9:00-12:30pm
Friday & Sunday	Closed

### Pricing

Registration Fee: \$50 Individual \$80 Family

#### Classes:

- 45 Minute Class: \$45
- 60 Minute Class: \$60
- 90 Minute Class: \$75
- Drop-in: \$20 (*Advanced only*)
- Trial Lesson: 3 for \$30

#### Discounts:

- Additional Class \$15 off
- Sibling \$15 off

Open Gym: \$10 Member \$20 Non-Member

Birthday Party: \$150



## Programs & Class Schedule

### About Us

Welcome to the Capital Illinois Athletics Family! When you join the CEA family you will join an established 13 year successful program with the most experienced staff and coaches south of Chicago! You will also become a member of a nationally ranked and recongnized program with athletes of all levels. Whether you want your child to learn tumbling, cheerleading, or just work on coordination and physical fitness.. CEA is the place to be! Classes run year round so you can sign up anytime!

### What We Offer

- Capital Elite Athletics (CEA) offers recreational tumbling and cheer, preschool gymnastics and competitive cheerleading. CEA has competitive Cheerleading teams from ages 4 to 18 years of age. Our teams have won numerous National Championships, earned prestigious bids to the 2012 Cheerleading Worlds, the 2016 D2 Summit, 2018 D2 Summit with a top 3 finish, 2019 D2 Summit, numerous local Grand Championships and Specialty Awards for stunts, tumbling, jumps and pyramids. For more information about competitive Cheer, please email [capitalelite19@gmail.com](mailto:capitalelite19@gmail.com).
- Tryouts and team placements are held in May each year, although we may have spots open throughout the season.

# Fall/Winter Class Schedule

## Rec Cheerleading

Ages 5 and up

This class is for girls and boys ages 5 - 12 who are interested in learning basic cheerleading stunts, motions, jumps, cheer, chants, dances and tumbling! A routine will be taught and performed in the gym for family and friends to enjoy!

Rec cheer is a 3 mos class that begins September 1 and ends December 5. Registration includes a special CEA Cheer T-shirt.

**Not offered**

## Tiny Tot Tumbling

Ages 18mos - 3yrs

Students learn basic tumbling such as forward and backward rolls, cartwheels, bridges, handstands, balance beam, bars and more! They will also do obstacle courses and trampoline... perfect for the active preschooler to get started!

**Saturday 9:00-9:30am**

## Specialty Classes

Ages 5 - 18yrs

**Saturday**

**Walkovers & Limbers 9:30-10:30am**

Students will need a backbend. Learning back and front walkover, limber and valdez.

**Handsprings 10:30-11:30am**

Students will need a back walkover. Learning back handspring, Roundoff back handspring

## Tumbling

Ages 3 - 18yrs

### Preschool Tumbling

Students learn basic tumbling such as forward and backward rolls, cartwheels, bridges, handstands, balance beam, bars and more! They will also do obstacle courses and trampoline... perfect for the active preschooler to get started!

**Tuesday 5:00-5:45pm or 6:00-6:45pm**

**Thursday 5:00-5:45pm or 6:00-6:45pm**

**Advanced Pre-k *Coach Invite Only:***

**Tuesday 6:00-6:45pm**

**Thursday 6:00-6:45pm**

### Beginner Tumbling

Students learn forward rolls, backward rolls, cartwheels, round offs, bridges, back and front walkovers, limbers and start drills for back handsprings.

**Monday 6:30-7:30pm**

**Tuesday 5:30-6:30pm**

**Wednesday 6:30-7:30pm**

**Thursday 5:30-6:30pm**

### Intermediate Tumbling

Students need a cartwheel, round off, and back walkover for intermediate. Learning improved front and back walkovers, standing back handspring, round off back handspring, series back handsprings and more.

**Monday 5:30-6:30pm**

**Tuesday 6:30-7:30pm**

**Wednesday 5:30-6:30pm**

**Thursday 6:30-7:30pm**

### Advanced Tumbling

Students need a round off 2 back handsprings on the spring floor for level 3. Learning tucks, layouts, twisting skills, front tumbling skills.

**Tuesday 7:30-9:00pm**

**Thursday 7:30-9:00pm**