



## Fall News 2019

**Summer's over, somersaults aren't!**

## Flip on over to CEA and check out our New Classes and Fall Specials!

### Fall Specials

#### Buy One Get One ½ Off!

Register for any class in the month of September and get ½ off October Tuition!  
Member must pay the registration fee and the first month's tuition at time of registration.

#### Bring a Friend Spirit Wear!

Bring a friend in the month of September and be entered into a drawing for a Capital Elite Athletics hoodie, sweat pants and water bottle! Bring a friend contest forms will be located at the front desk.

#### Trunk or Treat

Join us for an evening of fun, games, food and free tumbling on Saturday, October 26 from 5:30-7:30. Don't forget to wear your Halloween costume for the trunk or treat!

### New Fall Classes

#### Walkovers & Limbers

**Tuesday's 6:30-7:15 pm**

This class will focus on drills and mastering skills for front and back limbers and walkovers. Student must have a backbend kickover. Cost of the class is \$45.

#### Handsprings

**Wednesday's 6:30-7:15 pm**

Students will work on drills and shapes for front and back handsprings. Student must have a solid back walkover. Cost of the class is \$45.

#### Rec Cheerleading

**Thursday's 5:30-6:30 pm ages 5-7**  
**Thursday's 6:30-7:30 pm ages 8-12**

Rec Cheer is now a 3 month session class that focus' on learning the basics of cheerleading, stunting, motions, jumps, dances and more! Students will get to show off what they've learned during the performance at the end of the session. Cost of the class is \$60 per month.

### Holiday Closings

September 2:



October 31



November 11



November 28-30

