

# Capital Elite Athletics Programs & Class Schedule

Contact us to try  
3 Lessons for \$30!



2877 N. Dirksen Pkwy  
217-679-4058  
Office Hours  
Mon-Thu 5:00-9:00pm  
Sat 9am-1pm

website:

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

email:

[capitalelite1@yahoo.com](mailto:capitalelite1@yahoo.com)

## About Us...

Welcome to the Capital Elite Athletics Family! When you join the CEA family you will join an established 13 year successful program with the most experienced coaches south of Chicago! You will also become a member of a nationally ranked and recognized program with athletes of all levels. Whether you want your child to gain confidence, fitness, friends or just be involved in something great.. CEA is the place to be!

## What we offer...

- Capital Elite Athletics (CEA) offers rec tumbling and cheer, preschool gymnastics, and *competitive cheer*. CEA has competitive cheerleading teams from ages 4 to 18yrs 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 plus numerous local Grand Championships and Specialty Awards. **For competitive Cheer info please email [capitalelite1@yahoo.com](mailto:capitalelite1@yahoo.com)**
- Tryouts and team placements are held in May each year, although we may have spots open throughout the season. Half season teams start in Jan/Feb 2019.



# CEA Class Schedule

## Pre School Tumbling

Ages 3-4

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

- \$50 Registration Fee Includes CEA T-Shirt
- \$45 Monthly Tuition
- Discounts for multiple classes/siblings

Monday 5:30-6:15pm *Opening Soon*  
Tuesday 5:30-6:15pm  
Thursday 6:00-6:45pm

## Rec Cheerleading

Ages 4 and up

This class is for girls or boys ages 4-12 who are interested in learning basic cheerleading stunts, motions, jumps, cheers, chants, dance, and tumbling! A routine will be taught and performed in the gym for family & friends!

- \$50 Registration Fee Includes CEA T-Shirt
- \$60 Monthly Tuition
- Discounts for multiple classes, siblings

Thursday's 5:30-6:30pm Ages 4-6 "Undercover Angels"  
Thursday's 6:30-7:30pm Ages 7-12 "Secret Agents"

**Cheer Tryout Class Ages 10-18** is for those trying out for Junior High or High School Cheer. Tumbling, jumps, cheers, motion technique, stunts, dance, and more! This class runs January through March is \$25 Registration Fee Includes CEA T-Shirt and is \$75 a month.

Monday's 6:30-8:00pm

# Tumbling

Ages 5-18yr

- \$50 Registration Fee Includes CEA T-Shirt
- \$60 Monthly Tuition
- Discounts for multiple classes, siblings

## Tumble 1 - Beginner

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

Monday's 6:30-7:30pm  
Tuesday's 5:30-6:30pm  
Wednesday's 6:30-7:30pm  
Thursday's 5:30-6:30pm

## Tumble 2 - Intermediate

Students need a cartwheel, round off, and back bend kick over for level 2. Learning improved front and back walkovers, standing back handspring, round off back handspring,, series back handsprings and more.

Monday's 5:30-6:30pm  
Tuesday's 6:30-7:30pm  
Wednesdays 5:30-6:30pm  
Thursday's 6:30-7:30pm

## Tumble 3-4-5 Advanced

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

Tuesday's 7:30-8:30pm  
Thursday's 7:30-8:30pm



For info, scheduling, sign up...  
please email [capitalelite1@yahoo.com](mailto:capitalelite1@yahoo.com)  
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