

# Spring Tumbling Session

February 11<sup>th</sup> — May 2<sup>nd</sup>

*Session Starts: February 11th Ends: May 2nd*  
*\*Make up days: March 15th & April 19th 6:00pm -7:00pm\**

Tumbling Class :	Monday	Tuesday	Wednesday	Thursday	Session Rate
<b>Tots Tumbling</b> Ages 4-7		4:00-4:45pm	4:00-4:45pm	5:00-5:45pm	<b>\$180.00</b>
<b>Intro</b> Ages 8 and Up	5:00-6:00pm		5:00-6:00pm		<b>\$180.00</b>
<b>Level 1</b>	5:00-6:00pm	4:00-5:00pm 5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	<b>\$180.00</b>
<b>Level 2</b>	6:00-7:00pm	5:00-6:00pm 6:00-7:00pm	6:00-7:00pm	5:00-6:00pm	<b>\$180.00</b>
<b>Level 3</b>	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	<b>\$180.00</b>
<b>Level 4</b>		6:00-7:00pm	6:00-7:00pm		<b>\$180.00</b>
<b>Level 5</b>	7:00-8:00pm			6:00-7:00pm	<b>\$180.00</b>
<b>Stunt Class</b>		6:00-7:00pm			<b>\$200.00</b>

**Tots Tumbling:** This class is for athletes ages 4 years old to 7 years old, who are beginning to learn the basics of tumbling. In this class students will learn body awareness, motor skills, hand eye coordination, basics of tumbling as well as learning to take direction in a group setting.

**Intro:** This class is perfect for first time tumblers, who are learning the basics of tumbling. Athletes will learn: body awareness, back flexibility, handstands, cartwheels, Round-off, forward rolls, back-bends, and Bridge kick-overs.

**Level 1:** This class is for athletes that can demonstrate proficient Intro level skills. Athletes will learn: Back-walkovers, Front-walkovers, Dive-rolls, round-off rebounds, and other progressive skills for advancement.

**Level 2:** This class is for athletes that can demonstrate a Round-off rebound, Back-walkover and Front-walkover. Athletes will learn: Standing/Running Backhand Springs, connecting various skills to back handspring.

**Level 3:** This class is for athletes that can demonstrate a Standing Back-handspring and/or various skills to back handspring, running round off multiple back handspring. Athletes will learn: Standing Tucks, Punch Fronts and running tumbling to tucks.

**Level 4:** This class is for athletes that can demonstrate a running tumbling to tuck, and Standing Tucks. Athletes will learn: Standing/running tumbling to layout, combination skills to layout and progressions to level 5 tumbling.

**Level 5:** This class is for athletes that can demonstrate tumbling progressions from Intro - level 4 tumbling. Athletes will learn: Running tumbling to Full Twisting Layout, Standing/BHS to Full, Arabians and other level 5 tumbling skills.

SPRING SESSION REGISTRATION AND FEE SUMMARY(\$50 Reg. Fee/ \$75 for Family)				
<b>*Family Contact:</b>		<b>*Contact Phone Number:</b>		
Athlete's Name:	Class(es)	Day(s)	Time(s)	Session Fee/Reg. Fee
<i>Ex. Sally Walker</i>	<i>Level 1(6-12)</i>	<i>Monday</i>	<i>4-5pm</i>	<i>180.00+50.00</i>

\*\*\* \$130.00 for Allstar Athletes & 2nd Class Sign-ups\*\*\*

PLEASE FILL OUT, DETACH, AND RETURN TO PRO CHEER FRONT DESK WITH PAYMENT TO RESERVE YOUR SPOT!!!

AMOUNT OWED \_\_\_\_\_

Cash

Card

Check # \_\_\_\_\_