

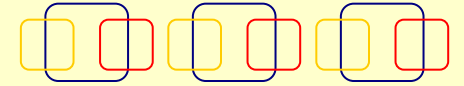
About Rochester Elite

Rochester Elite All Heat is Rochester's number one competitive all-star cheerleading program.

As the fastest growing all-star cheerleading program in the area, Rochester Elite has NINE competitive cheer and dance teams. Our teams are built to motivate cheerleaders and dancers to become athletes in the sport of cheerleading. We pride ourselves on training our cheerleaders and staff in the most current and proper techniques known in the cheerleading industry. Come be a part of the All Heat family and experience cheerleading like never before!



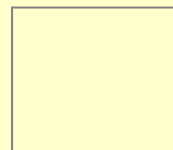
Rochester Elite All Heat
P.O. Box 156
North Greece, NY 14515

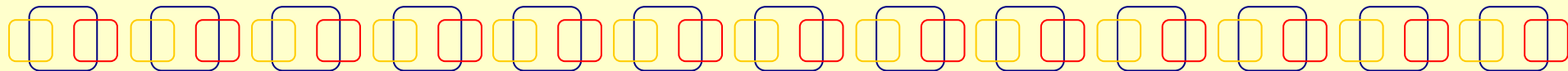


All-Star Cheerleading TUMBLING CLASSES

The Best of the Best
in the Northeast...
Rochester Elite All Heat!

Phone: 585-329-8451
Web site: rochestereliteallheat.com
Location: 40 Stace Street Suite F
Rochester, NY 14612





Tumbling Classes

Rochester Elite's tumbling classes are geared for ages 3 and up. Each is certified in safety and instruction of cheerleading and gymnastics.

NEW REQUIREMENTS AND PROCEDURES

IMPORTANT FOR PARENTS: The parent waiting area will be in AREA D (the 4th bay). **NO PARENTS WILL BE ALLOWED IN THE MAIN GYM, OR SIT IN THE DOORWAY OPENING TO THE GYM.** This is for the safety and privacy of your children and instructors!

Level 1 - no prerequisites. Focus on handstands, round offs, front / back walkovers, standing backhandsprings, round off backhandsprings.

Level 2- standing backhandspring AND round off backhandspring required. Focus on standing backhandspring series, round off backhandspring series, start of tucks.

Level 3 - Standing handspring series and round off handspring series required. Focus on handspring series into tucks, round off handspring series into tucks. Toe touch handspring series.

Level 4 - A standing HS tuck and round off handspring tuck are required. Focus on standing tucks, toe handspring tucks, toe tucks, layouts and specialty passes.

Level 5 - A standing tuck and round off back handspring layout are required. Focus on standing fulls, triple toe tucks, round off handspring fulls and specialty passes.

Registrants must meet **MINIMUM** requirements to register for classes. **ALL REGISTRANTS WILL BE TESTED OUT THE 1ST CLASS. IF THEY DO NOT MEET MINIMUM REQUIREMENTS, THEY WILL HAVE TO GO DOWN A LEVEL UNTIL THE MINIMUM REQUIREMENTS ARE MET.** **Once you are registered for a class, you may not switch to another class! We staff classes based on enrollment.**

Class Schedule

Be sure to download our All Heat medical release form from our website, as well.

FALL Session will run as follows:

Monday 9/13/10 - 11/1/10 (8 sessions, \$85)

Level 1 5:30pm-6:45pm

Level 4 5:30pm-6:45pm

Level 1 6:45pm - 8pm

Tuesday 9/7/10 - 10/26/10 (8 sessions, \$85)

Level 1 5:30 - 6:45pm

Level 3 5:30pm-6:45pm

Level 4 6:45pm-8pm

Wednesday 9/8/10 - 10/27/10 (8 sessions, \$85)

Level 1 5:30pm - 6:45pm

Level 2 5:30pm - 6:45pm

Level 1 6:45pm - 8pm

Level 3 6:45pm - 8pm

Thursday 9/9/10-10/28/10 (8 sessions, \$85)

Level 1 5:30pm-6:45pm

Level 5 5:30pm - 6:45pm

Level 2 6:45pm - 8pm

Friday 9/10/10-10/29/10 (8 sessions, \$85)

Level 1 5:30pm-6:45pm

***** Please PRE REGISTER 1 week prior to the class start so we can properly staff our classes. Please either mail in payment, call or stop by the gym to register! Reserve your spot today. Please note that MAKEUP SESSIONS ARE NOT OFFERED unless we have to cancel class due to extreme weather. Your personal reasons for missing (vacation, sickness, etc) will not be given makeups or refunds.**

All Heat Team Members
(Tiny - Senior)
Have a discounted rate of
\$45 per class
If registering for an additional class!

Sign up for Check one Amount

Monday 9/13 - 11/1

Level 1	_____	\$85	\$45
Level 4	_____	\$85	\$45
Level 1	_____	\$85	\$45

Tuesday 9/7 - 10/26

Level 1	_____	\$85	\$45
Level 3	_____	\$85	\$45
Level 4	_____	\$85	\$45

Wednesday 9/8 - 10/27

Level 1	_____	\$85	\$45
Level 2	_____	\$85	\$45
Level 1	_____	\$85	\$45
Level 3	_____	\$85	\$45

Thursday 9/9 - 10/28

Level 1	_____	\$85	\$45
Level 5	_____	\$85	\$45
Level 2	_____	\$85	\$45

Friday 9/10 - 10/29

Level 1	_____	\$85	\$45
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Name _____

Address _____

City, Zip _____

Phone # _____

Email (to contact in case class is canceled)

Total amount paid: _____

Please make checks payable to: **Rochester Elite**

Credit MC/Visa/Disc/AmerExp

Name on Card _____

Card # _____

Exp _____ Zip _____

Signature _____

Rochester Elite All Heat
PO BOX 156
N Greece, NY 14515
Phone: 585-329-8451
Website: rochestereliteallheat.com
rochesterelite_allheat@yahoo.com