

## BASIC INFO FOR CLASSES

- ALL CLASSES ARE 45 MINUTES
- ALL CLASSES ARE TAUGHT BY A USASF SAFETY CERTIFIED INSTRUCTOR
- ALL SESSIONS ARE 4 WEEKS LONG.
- STUNTING PROGRESSIONS WILL BE DETERMINED BY THE AMOUNT OF STUDENTS IN THE CLASS.
- FOR LEVELS 3 AND ABOVE, YOU MUST RECEIVE AN EVALUATION BY THE INSTRUCTOR.
- ALL PARTICIPANTS MUST HAVE A WAIVER ON FILE AT THE FRONT DESK.
- ALL NEW MEMBERS MUST PAY A \$20 REGISTRATION FEE AT SIGN UP.



REFER A FRIEND AND  
RECEIVE A FREE OPEN GYM  
CERTIFICATE!

## NOT SURE WHICH CLASS IS RIGHT FOR YOU?

JUST EMAIL [tara@midmichigangym.com](mailto:tara@midmichigangym.com)  
AND WE CAN HELP YOU FIND THE CLASS  
THAT BEST SUITS YOUR CHILD'S NEEDS!

5686 Midland Rd.  
Freeland, MI 48623

Phone: 989-692-0395  
Fax: 989-692-0399  
E-mail: [tara@midmichigangym.com](mailto:tara@midmichigangym.com)

Mid Michigan Gymnastics, Cheer and Dance  
5686 MIDLAND RD  
FREELAND, MI 48623

## MID MICHIGAN GEMZ

# Cheer and Dance Classes

### FOUR WEEK SESSIONS

1. NOV 28TH-DEC 23RD
2. JAN 2ND-JAN 27TH
3. JAN 30TH-FEB 24TH
4. FEB 27TH-MAR 23RD
5. APR 9TH-MAY 4TH
6. MAY 7TH-JUN 1ST

### HIP HOP CLINIC DATES

JAN 2, FEB 6,  
MAR 5 AND APR 9TH



TEL : 989-692-0395

## CLASS DESCRIPTIONS

ALL CLASSES AND CLINICS ARE FOR AGES 6 AND UP.

**Levels 1 & 2** – **Level 1** is for our beginners! Little to no experience. You will learn the basic fundamentals of jumps, stunting safely, and level 1 tumbling skills (Cartwheels, Round offs, Back and Front Walkovers and intro to Front and Back handsprings.) **Level 2** – This level will work back handsprings, and jumps including back handspring series, intro to tucks, specialty passes and jump to spring connections. Stunting will include full downs and extended one legged stunts.

**Level 3, 4 & 5**– (PREREQUISITE STANDING DOUBLE BHS and Round off BHS series.) This class will work levels 3,4 and 5 tumbling jumps and stunting including tucks, back handspring through to layouts, fulls, and jump to tuck connections. Stunting will include single and double downs, full ups and advanced inverted transitions.

**Hip Hop Clinics**—Learn the basic fundamentals of hip hop dance, including, pops, locks, freezes and fun choreography. Approximately 4-6 fun 8 count routines will be taught at each clinic. This is a NON performance clinic, but there will be a parent show off.

## CLASS TIMES AND PRICE (PRICES ARE PER SESSION)

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|--|---|
| <b>CHEER LEVELS 1 &amp; 2</b><br>TUESDAY 5:15-6:00PM<br>COACH AMIE   | \$30  |
| <b>CHEER LEVEL 1&amp;2</b><br>THURSDAY 4:15-5:00PM<br>COACH AMIE   | \$30  |
| <b>CHEER LEVEL 3 – 5</b><br>TUESDAY 5:00-5:45PM<br>COACH RACHEL  | \$30  |
| <b>HIP HOP CLINICS</b><br>1ST MON/EA. MO. (DATES ON FRONT)<br>6:00-7:00PM<br>COACH RACHEL & COACH CHELSEA  | \$10  |
| <b>OPEN WORK OUT</b><br>TUESDAY 8:00-9:00PM<br>COACH AMIE  | \$6/drop in*  |
| <b>FALL TEAMS</b>  |   |
| <b>PERFORMANCE CHEER (6 &amp; up)</b><br>MONDAYS 5:00-6:00PM<br>SESSION 1 SEPT 19-NOV 7<br>EVENT DATE: SAT, NOV 12   | \$100 /6 WK<br>CLASS, BOW, T<br>SHIRT, AND<br>PERFORMANCE     |
| <b>TINY CHEER (2 to 5yrs)</b><br>THURSDAYS 5:00-5:45PM<br>RUNS SEPT–APRIL<br>4 PERFORMANCES PER YEAR   | \$35/MO PLUS<br>UNIFORM AND<br>PERFORMANCE<br>FEES            |
| <b>COMP. REC CHEER (6 &amp; up)</b><br>TUESDAYS 6:00-8:00PM<br>RUNS SEPT–APRIL<br>6 IN STATE EVENTS PER YEAR   | \$50/MO PLUS<br>UNIFORM,<br>BOOSTER CLUB<br>FEES, AND<br>COMP |
| <b>COMPETITIVE HIP HOP (6 &amp; up)</b><br>THURSDAYS 7:15-8:45PM<br>RUNS SEPT–APRIL<br>6 IN STATE EVENTS PER YEAR<br>REQUIRES COACH EVALUATION   | \$50/MO PLUS<br>UNIFORM,<br>BOOSTER CLUB<br>FEES, AND<br>COMP |
| <b>COMP. CHEER</b>   |   |
| <b>Mid Michigan Gemz All Star Cheer</b><br>Spring Training begins in May<br>Team Placements are end of May<br>Season begins in June.<br>12 month program. With Travel.<br><b>MUST HAVE COACH EVALUATION.</b> | Please see the<br>front desk for<br>more<br>information.      |

## INFORMATION ON FALL TEAMS

Here at Mid Michigan Gemz, we try to give you a variety of programs. Our fall cheer teams offer the opportunity to try competitive cheer without diving in and making the full year commitment of our All Star Program. Not interested in competing? We also have Performance Teams that go to cheer competitions and get up on stage at a real competition, but they aren't scored and it is just for fun.

Just want to dance? We have one of the best hip hop programs in the state! If you are interested in the competitive Hip Hop program, please make an appointment for your evaluation to see if competing in Hip Hop is right for you. If you are a beginner, we also offer our Hip Hop Clinics too, so don't worry, we will always have a spot for you!

Please make sure you stop at the front desk and get more information on all of our teams. Being a part of the Gemz program means being a part of something that will give you valuable life lessons like Sportsmanship, Team work, Leadership, Self Confidence, Philanthropy, Friendships, Compassion, and the drive to be successful.

**BE A PART OF SOMETHING THAT WILL  
MAKE YOU A BETTER PERSON, NOT  
JUST A BETTER ATHLETE!**