

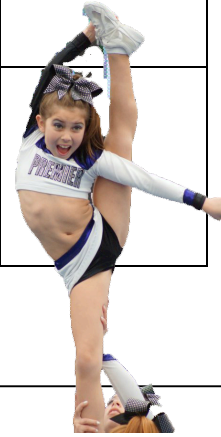
PREMIER

Cheerleading & Tumbling

Spring 2017 Class Schedule

April 3rd-June 23rd

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Level 1&2 Tumble 5-6pm \$200 session | Flyer Flexibility 5:15-6pm \$5 per class | Tucks, Tucks and more Tucks!!! TUCK CLASS 5-6pm \$250 session | Level 4 & 5 Tumbling 5-6pm \$275 session | Level 2 & 3 Tumbling 5-6pm \$230 session |
| Level 3&4 Tumble 5-6pm \$250 session | Open Gym 6:30-7:30pm \$10 per class | | Level 2 & 3 Tumbling 7:30-8:30pm \$230 session | |
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Tumbling

Level 1: Working on all basic tumbling skills leading up to a Back Handspring.

Level 2: Working on a Back Handspring.

Level 3: Working on a Back tuck.

Level 4: Working on layout & full.

Level 5: Must have a full and be working on advanced passes ending in a full.

Open Gym: This is a GREAT way to get a little extra training, work on some new skills, or perfect current skills. Members of our staff are here to provide a fun, safe environment to tumble.

Tiny Tumble: Ages 4-6. This class has been designed to help your child channel the energy and reach developmental milestones. Through basic tumbling and acrobatic skills each student will build greater coordination, confidence, listening skills, and willingness to try new skills.

Flyer/Flexibility Class: Focuses on proper flexibility, strength and stretching, as well as proper body positions.

***** \$50 off classes for all 2016 1/2 Year Members!!!**
Discount Expires 4/3/17 ***

Gym Policies

-All Cheerleaders must pay a yearly Registration Fee of \$30

-Please make all checks payable to Premier Cheerleading.

-Premier Cheerleading only refunds in the case of an injury. Parents must contact Premier and present a note from a doctor

-If the gym closes due to weather conditions a message will be left on the gym answering machine and on our Website.

-Proper Gym attire should be worn. T-shirts, Shorts Sweats & CHEERLEADING SNEAKERS.

-Please call to schedule Private lessons. All private lessons must be paid in CASH.

-There will be a \$20 bank fee charged for all bounced checks.

-Make ups must be made in the session the class was missed.

-Start your own class with 9 or more children.

The Gym will be closed

Spring Break April 10th-14th

Monday, May 29th

Premier All-Star Cheerleading
(631)454-3797
Premierallstarcheer.com