



## TUMBLING & HIP-HOP CLASS SCHEDULE

**It's Back!** *New time: MOMMY & ME CLASS!*  
**September 2023 - May 2024**  
 724-873-1232 [pridecheergym.com](http://pridecheergym.com)

	<i>MOMMY &amp; ME</i> 45 min	<i>Little Explorers</i> 45 min	<i>Kinder Intro</i>	<i>Intro</i>	<i>Basic I</i>	<i>Basic II</i>	<i>Inter-mediate</i>	<i>Advanced</i>	<i>Elite I</i>	<i>Elite II</i>	<i>Open Gym</i>	<i>Hip-Hop</i>
<b>Monday</b>		4:00pm		6:00pm	7:00pm		4:00pm		5:00pm	5:00pm		
<b>Tuesday</b>		5:00pm	4:00pm		7:00pm			6:00pm				Hip Hop II 4:00pm
<b>Wednesday</b>		1:15pm 2:00pm			4:00pm	7:00pm	5:00pm			4:00pm		Hip Hop I 7:15pm
<b>Thursday</b>	9:00am	10:00am	5:00pm					4:00pm	6:00pm	4:00pm		
<b>Friday</b>	<i>Watch for Specialty Clinics, Camps, and Open Gyms!</i>											
<b>Saturday</b>		11:00am	10:00am	10:00am		12:00pm	12:00pm				11:00am	

\*Class Schedule will begin Tuesday, September 5th, and go through Thursday, May 30th

# Class Descriptions

The primary skills are described below for simplicity, but many additional skills are trained at each class.

- AGES 6 and up are welcome at all levels unless noted below.
- Classes can be split further by age or difficulty within each time slot when it is beneficial.

**OPEN GYM:** *Ages 6 and up only please.*

- Use as a make-up so you never have to lose a class that you miss (ages 2-5yr may take a corresponding class of the same level to do a make-up).
- Attend as an extra class for \$10. You do NOT currently need to pre-register. Sign-in upon arrival. New students must fill out a waiver online or at the gym. Fully supervised; multi levels; class size varies.

**MOMMY & ME:** An enjoyable experience for both mothers and tots to learn the development of basic motor skills and become introduced to the world of tumbling together! **Ages 2-3 (45min)**

**LITTLE EXPLORERS:** A fun class for preschool **age 4-5** This class works to enhance body awareness and learn fundamental tumbling skills with proper body positions. Trampoline, bar, balance beam and mat stations. Themed classes for fun and interactive learning. Start good habits at a young age! (45min)

**KINDER-INTRO:** This class is great for new tumblers from **ages 5-7** but allows our Little Explorers who have experience to progress to an hour-long class. Learning proper shapes and technique for bridges and backbends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling!

**INTRO:** This class is great for **NEW** tumblers from **ages 7 and up** (*younger students should seek out our Kinder-Intro class*). Learning proper shapes and technique for bridges and backbends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling!

**BASIC I: NEW!!** Must have perfected the cartwheel and forward roll with proper technique. Continuing work on backbends, roundoffs; handstands; backward rolls; back kickovers and front limbers

**BASIC II:** Must have standing backbend. Progressing to fluid front and back walkovers; roundoffs; handstands; back extension rolls; introduction to drills for back handsprings.

**INTERMEDIATE:** Must have back walkover. Learning front and back handsprings; creating powerful roundoffs; and continuing to roundoff back handsprings.

**ADVANCED:** Must have roundoff back handspring. Learning connected tumbling skills; standing multiple back handsprings, roundoff multiple back handsprings, front and back tucks, and roundoff bhs tucks.

**ELITE I:** Must have a roundoff back handspring tuck and a front tuck. Learning standing back handspring back tuck, standing back tuck, round off back handspring layouts and specialties such as front tuck step outs!

**ELITE II:** Must have a roundoff back handspring layout. Learning twisting skills, such as fulls and doubles as well as specialty skills, such as whips/arabians

**HIP HOPI:** Dance combos and hip hop tricks for beginners who are learning or still working on their kip-ups, handsprings, and headstands.

**HIP HOPI II:** For more intermediate dancers, learning combos and who have mastered the basics of level 1. They will be working on back-handspring kip-ups, back-headsprings, headspins, g-kips

# PRIDE CHEER GYM TUMBLING DATES

## 2023-2024

724-873-1232

[admin@pridecheergym.com](mailto:admin@pridecheergym.com)

### MONDAY

September (3) - (off 4), 11, 18, 25  
October (5) - 2, 9, 16, 23, 30  
November (4) - 6, 13, 20, 27  
December (3) - 4, 11, 18, (off 25)  
January (4) - (off 1), 8, 15, 22, 29  
February (4) - 5, 12, 19, 26  
March (4) - 4, 11, 18, 25  
April (5) - 1, 8, 15, 22, 29  
May (3) - 6, 13, 20, (off 27)

### TUESDAY

September (4) - 5, 12, 19, 26  
October (4) - 3, 10, 17, 24, (off 31)  
November (4) - 7, 14, 21, 28  
December (3) - 5, 12, 19, (off 26)  
January (5) - 2, 9, 16, 23, 30  
February (4) - 6, 13, 20, 27  
March (4) - 5, 12, 19, 26  
April (5) - 2, 9, 16, 23, 30  
May (4) - 7, 14, 21, 28

### WEDNESDAY

September(4) - 6, 13, 20, 27  
October (4) - 4, 11, 18, 25  
November (5) - 1, 8, 15, (off 22), 29  
December (3) - 6, 13, 20, (off 27)  
January (5) - 3, 10, 17, 24, 31  
February (4) - 7, 14, 21, 28  
March (4) - 6, 13, 20, 27  
April (3) - 3, 10, 17, 24  
May (5) - 1, 8, 15, 22, 29

### THURSDAY

September (4) - 7, 14, 21, 28  
October (4) - 5, 12, 19, 26  
November (4) - 2, 9, 16, 30 (off 23)  
December (3) - 7, 14, 21 (off 28)  
January (4) - 4, 11, 18, 25  
February (5) - 1, 8, 15, 22, 29  
March (4) - 7, 14, 21, 28  
April (4) - 4, 11, 18, 25  
May (5) - 2, 9, 16, 23, 30

### SATURDAY

September (4) - 9, 16, 23, 30  
October (4) - 7, 14, 21, 28  
November (3) - 4, 11, (off 18), 25  
December (4) - 2, 9, 16, 23 (off 30)  
January (4) - 6, 13, 20, 27  
February (4) - 3, 10, 17, 24  
March (5) - 2, 9, 16, 23, 30  
April (3) - 6, 13, (off 20), 27  
May (4) - 4, 11, 18, 25

### DAYS OFF:

MONDAY - Sept. 4, Dec. 25, Jan. 1, May 27  
TUESDAY - Oct. 31, Dec. 26  
WEDNESDAY - Dec. 27  
THURSDAY - Nov. 23, Dec. 28  
SATURDAY - Nov. 18, Dec. 30, Apr 20

**REG FEE:** \$25 annual registration fee is due at time of enrollment. If you enroll in September it will be included in your 1st month payment when you enroll. Anyone enrolling during a later month, it will be charged separately after enrolling.

Classes will be billed monthly at \$17 per class

AUTOPAY will be charged on the 1st of each month

The NUMBER of classes per month vary, and are indicated in the parentheses ( ) to the right of that month. Example: for Monday classes, September tuition is \$51 because there are 3 classes that month. October tuition for Monday classes is \$85 because there are 5 classes.

Students will stay enrolled UNTIL YOU REQUEST TO DROP by email. You must request the drop date ONE WEEK PRIOR to the new billing month in order to not be charged that month.

## REGISTER EARLY!

## FREE T-SHIRT WITH

## ENROLLMENT

## WHILE SUPPLIES LAST!

