



United Elite Recreational Tumbling and Stunt Classes Spring Session January 28th – June 2nd

Tiny Tumblers – For athletes 18 months to 3 years old. Participants and a parent will work through tumbling skills, body awareness, counting, colors, and the alphabet as they play. As the class continues, participants will learn to do the drills themselves and bond with each other. Parents are encouraged to join their little athletes in class so that they can enjoy the time together.

Introduction to Tumbling – For athletes who are at the beginning of their tumbling career. There are no pre-requisites for this class. In this class, athletes will work on skills including forward rolls, backward rolls, handstands, cartwheels, and round-offs

Beginning Tumbling- For athletes who have some experience with tumbling and have mastered the following skills: forward roll, backward roll, backward roll to push up, handstand, handstand forward roll, cartwheel and round off. In this class, athletes will work on skills including standing back handsprings, round-off back handsprings, standing back handspring series, round-off back handspring series, and toe touch back handsprings.

Intermediate Tumbling Class – For athletes who will be building on the following mastered skills: Standing back handspring, round-off back handspring, standing back handspring series, round-off back handspring series, toe touch back handspring, and back handspring step out. In this class, athletes will work on skills including round-off tuck, round-off back handspring back tuck, front handsprings and punch fronts.

Advanced Tumbling Class – For athletes who will be building on the following mastered skills: Round-off tuck, punch front forward roll, punch front, round-off back handspring tuck, and front handspring. In this class, athletes will be working on skills including standing tucks, standing back handspring tucks, layouts, punch front step outs, standing back handspring series to tuck/layout, and jumps to back handspring tucks/standing tuck.

Elite Tumbling Class – For athletes who will be building on the following mastered skills: Standing tuck, standing back handspring tuck, toe touch back handspring tuck, toe touch tuck, cartwheel tuck, round-off layout, round-off back handspring layout, punch front step out, standing back handspring series to tuck, standing back handspring series to layout, and multiple jumps to tuck. In this class, athletes will be working on skills including fulls, doubles, Arabians, and various elite alternate tumbling skills.

Coed Stunt Class – This class is for both male and female athletes that would like to improve their COED stunting skills. This will be a 12 week class for \$180. Athletes can come as an individual or as a couple and split the cost of tuition. Athletes will have the opportunity to work skills as well as flexibility and strengthening drills to improve stunting ability and technique. Talk to our coaches if you are interested in starting a COED class.

***All athletes must be evaluated before joining Intermediate tumbling or higher**

Important Session Dates:

USA Nationals Week No Class March 11th to 18th

Summit Week No Class

May 6th to 12th

Memorial Day No Class May 27th

Bring -A - Friend Week

May 20th to 24th

Class Name	Hrs. per week	Monday	Tuesday	Wednesday	Thursday	Friday	First Class	Second Class
Tiny Tumblers (monthly)	1 hr.						\$ 35.00	\$ 30.00
Introduction to Tumbling	1 hr.			4:30pm			\$ 250.00	\$ 225.00
Beginning Tumbling	1 hr.	6:30pm			5:45pm		\$ 250.00	\$ 225.00
Intermediate Tumbling	1 hr.		7:00pm		7:00pm		\$ 250.00	\$ 225.00
Advanced Tumbling	1 hr.		7:00pm		7:00pm		\$ 250.00	\$ 225.00
Elite Tumbling	1 hr 15min		7:00pm		7:00pm		\$ 265.00	\$ 225.00
Coed Stunt Class							\$ 180.00	

***For ANY questions or to get signed up for the Winter Session, please e-mail Kaylan at support@cheerelite.com If you are unable to commit to an entire semester you can join a class (if there is available space) for \$16 per class Minimum of four classes and must be prepaid.**

If space is available and you would like to drop into a class it is \$20 per class