

NEW SCHEDULE STARTING Feb12, 2018 – March schedule



◆ All-Star cheerleading will teach confidence.

◆ Creating Lifelong Friendships.



New classes highlighted					
	M	T	W	TH	Fri
Foundation tumbling ages4-6		4:00-4:30			
Level 1 tumbling		5:00-6:00			
Youth 1 Black Cats		4:30-6:30		4:00-5:30	
Stunting drills/skills	5:00-6:00				
Senior 3 TNT	6:00-8:00		6:00-7:30		
Senior 2 IGNITE		6:30-8:30		6:30-8:00	
Senior 4 nitro			4:30-5:00		
Team tumbling Level 3-5			5:00-6:00		
Tumbling 1-2				5:30-6:30	
Solos/stunting					4:30-5:30
Open tumbling \$1 cash only					5:30-6:30
College prep		8:30-9:30			

Levels are determined by the skills already attained

- ◆ Level 1 no experience
- ◆ Level 2 must have a strong round-off, front and back walk overs
- ◆ Level 3 must have standing & round off backhand springs
- ◆ Level 4 must have round off back handsprings tucks

Level 5 must have round off back hand spring layouts and standing tucks

Summit offers private lessons -

- *Summit Athletes \$15 a half hour*
- *Non-Summit athletes \$20 a half hour.*

Level 1 tumbling – master level 1 skills such as Back & front walk overs, Cartwheels and round-offs.

Stunting drills & skills – this class is for all levels of flyers, we will be working on how to pull skills, timing, and stretch and stunting.

Foundation tumbling – ages 4-6 learn basic tumbling verbiage, body shapes and while building strength during safe tumble for this age group.

Tryouts will be held in May and skill evaluations will be held in August.

QUESTIONS? CALL 406-239-0774

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