


## 2019 Fall Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tumbling Foundations 5:30-6:30	Back Handsprings 5:00-6:00	STAR 5:00-6:00	STAR 5:00-6:00	Flyer Training 6:00-7:30	Sparkle 9:00-10:00	Flyer Training 12:00-1:30	
Strobe & Neon 6:00-8:00	Silver & Black 6:00-8:00	Tumbling Foundations 5:30-6:30	Tumbling Foundations 5:30-6:30	Makeup Tumbling 7:30-8:30	Glitz 9:00-10:30	Strobe Tumbling 1:45-2:45	
Walkovers 6:30-7:30	Diamond 7:30-9:30	Strobe & Neon 6:00-8:00	Shimmer 6:00-7:30		Glitter 9:00-11:00	Diamond 2:00-4:00	
Back Handsprings 7:30-8:30	Back Handsprings 7:30-8:30	Level 3 Tumbling 6:30-7:30	Back Handsprings 6:30-7:30		STAR 9:00-10:00	Silver Tumbling 2:45-3:45	
Wildfire & Flash 7:45-9:45	STAR 8:30-9:30	Level 4 Tumbling 7:30-8:30	Walkovers 7:30-8:30		Level 2 Tumbling 10:00-11:00	Silver 4:00-6:00	
STAR 8:30-9:30		Hype & Flash 7:45-9:45	Wildfire 7:45-9:45		Shimmer 11:00-12:30	Diamond Tumbling 4:00-5:00	
			Level 5 Tumbling 8:30-9:30		Level 1 Tumbling 11:00-12:00	Neon Tumbling 5:15-6:15	
					Glow 11:00-1:00	Wildfire Tumbling 6:30-7:30	
						Tucks Class 12:15-1:15	Flash Tumbling 7:45-8:45
						Open Gym 1:00-3:00	Hype 7:45-9:45
<b>Tumbling Foundations</b>	Handstands, Cartwheels, Bridges, Roundoffs and KickOvers			<b>*Shaded areas pertain to team activity</b>			
<b>Walkovers</b>	Front and Back Walkovers			<b>Pricing Information</b>  1 Class per week = \$79.99 per month, plus tax  5 Drop-in Classes = \$104.45. plus tax  STAR program = \$600, plus tax and includes Unlimited classes, 25% on camps and workshops, and \$10 off private lessons. STAR athletes must be also enrolled in a monthly tumbling class that is not included in the STAR package.			
<b>Back Handsprings</b>	Standing and running Handsprings						
<b>Tucks Class</b>	Front and Back Tucks						
<b>Level 1 Tumbling</b>	All Level 1 Skills up to Walkovers						
<b>Level 2 Tumbling</b>	All Level 2 Skills up to Double Back Handsprings						
<b>Level 3 Tumbling</b>	All Level 3 Skills up to Standing Tucks						
<b>Level 4 Tumbling</b>	All Level 4 Skills up to Layouts						
<b>Level 5 Tumbling</b>	All Level 5 Skills up to Doubles						
<b>Flyer Training</b>	Flexibility and Air Positions for Flyers - Limited Dates						
<b>Makeup Tumbling</b>	If a tumbling class is missed due to gym closures or cancellations, then we offer this makeup day - Limited Dates						
<b>Team Tumbling</b>	Only available to members of that team						