



Pride Cheer Gym- Tumbling Classes Fall 2016

PrideCheerGym.com 724-873-1232

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105 Springfield Drive, Canonsburg, PA 15317

Find your level then choose your time! Online registration available or visit our gym!

All classes are ONE HOUR unless otherwise noted.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TOTS			12-12:45			
TUMBLE TOTS	10am 6:00	6:30	11am 1:00 5:00			
INTRO	7:00			5:00		10am
BASIC		5:30		7:00	4:30	
INTERMEDIATE	5:00	6:30		7:00		11am
ADVANCED		7:30	6:00			Inter/Adv
ELITE		7:30	7:00			
OPEN GYM (MAKEUP DAY)	7:00				5:30	

Class Descriptions:

***Note: All ages are welcome at all levels unless noted. Other classes will be split into ages when beneficial.**

Tiny Tots: A fun class for young tumblers ages 2-3 to enhance body awareness and learn basic tumbling skills!

Tumble Tots: A Fun class for young tumblers ages 3-6 to enhance body awareness and learn basic tumbling skills! Great age to start good habits.

Intro: This class is great for NEW tumblers from ages 6 and up. Learning standing back bends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling.

Basic: Must have standing back bend. Continuing back bend kick overs into fluid front and back walkovers, round offs, handstands, back extension rolls, drills for back handsprings!

Intermediate: Must have back walkover. Learning front and back handsprings, and drills for round-off back handsprings!

Advanced: Must have back handspring. Learning connected tumbling skills, double back handsprings, round off back handsprings, front and back tucks, and round off back tucks!

Elite: Must have round off back tuck. Learning back handspring back tuck, standing back tuck, round off back handspring back tuck/ layouts/fulls, and specialties such as front tuck step outs!

Open Gym: These days are used as a make-up so you never have to lose a class that you miss. Or take it as an extra day for \$10. Fully supervised but multi levels. Ages 6 and up only please.

2016 Fall Tumbling Session

First day of the Fall Session: Tuesday, September 6

Gym Closed: Tuesday, Nov. 22- Friday, Nov. 25

Gym Closed: Saturday, Dec. 24-Sunday, Jan. 1

Last Day of Fall Session: Saturday, Jan. 7

Monday Classes

Month 1- Sept. 12, 19, 26, Oct. 3

Month 2- Oct. 10, 17, 24, 31

Month 3- Nov. 7, 14, 21, 28

Month 4- Dec. 5, 12, 19, **26 (OFF)**, Jan. 2

Tuesday Classes

Month 1- Sept. 6, 13, 20, 27

Month 2- Oct. 4, 11, 18, 25

Month 3- Nov. 1, 8, 15, **22 (OFF)**, 29

Month 4- Dec. 6, 13, 20, **27 (OFF)**, Jan. 3

Wednesday Classes

Month 1- Sept. 7, 14, 21, 28

Month 2- Oct. 5, 12, 19, 26

Month 3- Nov. 2, 9, 16, **23 (OFF)**, 30

Month 4- Dec. 7, 14, 21, **28 (OFF)**, Jan. 4

Thursday Classes

Month 1- Sept. 8, 15, 22, 29

Month 2- Oct. 6, 13, 20, 27

Month 3- Nov. 3, 10, 17, 24 (**OFF**), Dec. 1

Month 4- Dec. 8, 15, 22, **29 (OFF)**, Jan. 5

Friday Classes

Month 1- Sept. 9, 16, 23, 30

Month 2- Oct. 7, 14, 21, 28

Month 3- Nov. 4, 11, 18, **25 (OFF)**, Dec. 2

Month 4- Dec. 9, 16, 23, **30 (OFF)**, Jan. 6

Saturday Classes

Month 1- Sept. 10, 17, 24, Oct. 1

Month 2- Oct. 8, 15, 22, 29

Month 3- Nov. 5, 12, 19, 26

Month 4- Dec. 3, 10, 17, **24 (OFF)**, **31 (OFF)**, Jan. 7

PRICING

Registration Fee: \$20

Monthly Tuition: \$62

Monthly Tuition: \$50 for Tiny Tots

**Fall Session: \$208 (4 months/ 16 weeks
from September-January)**

\$165 for Tiny Tots

**Winter Session: \$260 (5 months/ 20 weeks
from January-June)**

\$206 for Tiny Tots

**9 Month Session: \$440 (Fall and Winter
from September-June)**

\$350 for Tiny Tots

Family Discount: 20% off second sibling

**2 Classes per Week: 20% off 2nd class when
buying one month or more. (Cannot be
combined with sibling discount)**