PITTSBURGH PRIDE

SEPTEMBER 2026 - MAY 2027 TUMBLING CLASS SCHEDULE

	Little Explorers 45 min	Kinder Intro	Intro	Basic I	Basic II	Intermediate	Advanced	Elite I	Elite II	OPEN GYM
MON	5:15			6:00		6:00				
TUE	10:00 AM				7:00	4:00	5:00	6:00		
WED	1:15		7:00	4:00	5:00	6:00	5:00		4:00	
THUR		6:00				5:00		4:00	6:00	
FRI	***Specialty Clinics, Camps, and Open Gyms!***									
SAT		10:00AM	10:00AM	12:00	12:00	12:00	10:00 AM			11:00 AM

Class Schedule will begin Tuesday, September 8th, and go through Saturday, May 29th

REGISTER TODAY!

PRIDE CHEER GYM TUMBLING DATES
2026 - 2027 SCHOOL YEAR SCHEDULE

724-873-1232
admin@pridecheergym.com

MONDAY
September (3) - (off 7), 14, 21, 28
October (4) - 5, 12, 19, 26
November (5) - 2, 9, 16, 23, 30
December (2) - 7, 14, (off 21, 28)
January (4) - 4, 11, 18, 25
February (4) - 1, 8, 15, 22
March (4) - 1, 8, 15, 22, (off 29)
April (4) - 5, 12, 19, 26
May (4) - 3, 10, 17, 24

TUESDAY
September (4) - 8, 15, 22, 29
October (4) - 6, 13, 20, 27
November (4) - 3, 10, 17, 24
December (3) - 1, 8, 15, (off 22, 29)
January (4) - 5, 12, 19, 26
February (4) - 2, 9, 16, 23
March (5) - 2, 9, 16, 23, 30
April (4) - 6, 13, 20, 27
May (4) - 4, 11, 18, 25

WEDNESDAY
September (4) - 9, 16, 23, 30
October (4) - 7, 14, 21, 28
November (3) - 4, 11, 18, (off 25)
December (3) - 2, 9, 16, (off 23, 30)
January (4) - 6, 13, 20, 27
February (4) - 3, 10, 17, 24
March (5) - 3, 10, 17, 24, 31
April (4) - 7, 14, 21, 28
May (4) - 5, 12, 19, 26

THURSDAY
September (3) - 10, 17, 24
October (5) - 1, 8, 15, 22, 29
November (3) - 5, 12, 19, (off 26)
December (3) - 3, 10, 17, (off 26, 31)
January (4) - 7, 14, 21, 28
February (4) - 4, 11, 18, 25
March (3) - 4, 11, 18, (off 25)
April (5) - 1, 8, 15, 22, 29
May (4) - 6, 13, 20, 27

SATURDAY
September (3) - 12, 19, 26
October (4) - 3, 10, 17, 24, (off 31)
November (3) - 7, 14, 21, (off 28)
December (3) - 5, 12, 19, (off 26)
January (4) - (off 2), 9, 16, 23, 30
February (4) - 6, 13, 20, 27
March (3) - 6, 13, 20, (off 27)
April (4) - 3, 10, 17, 24
May (5) - 1, 8, 15, 22, 29

DAYS OFF:
MONDAY - Sep 7, Dec 21, Dec 28, Mar 29
TUESDAY - Dec 22, Dec 29
WEDNESDAY - Nov. 25, Dec. 23, Dec. 30
THURSDAY - Nov 26, Dec 26, Dec 31, Mar 25
SATURDAY - Oct 31, Nov 28, Dec 26, Jan 2, Mar 27

REG FEE:
$30 annual registration fee is due at time of enrollment. If you enroll in *September* it will be included in your 1st month payment. Anyone enrolling during a later month, it will be charged separately after enrolling.

Classes will be billed monthly at $23 per class

AUTOPAY will be charged on the 1st of month

DISCOUNTS:
Family Discount: To receive a sibling discount of 10% on each child:
*Select the class you want and click "Enroll Now!"
*On the next screen, in the "Billing Schedule" dropdown, select "Sibling Tumble Class Monthly" then "Add to Cart"

All-Star Team Athletes: Full-year and Half-year athletes receive a 20% discount on monthly tumbling classes. Look for a discount code sent via email.

The NUMBER of classes per month vary, and are indicated in the parentheses ( ) to the right of that month. *Example: for Monday classes, Oct. tuition is $92 because there are 4 classes that month and Dec. tuition is $46 because there are 2 classes (+ Reg fee)*

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.

PITTSBURGH PRIDE

PRIDE 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. Ages 3-5 start in Little Explorers.

➔ Classes may be split further or joined together by age or difficulty within each time slot when it is beneficial.

OPEN GYM: *Ages 6 and up only please.* Fully supervised; multi levels; class size varies.

- Attend as an extra class for $10. You do NOT need to pre-register, but please be informed of days off.
- Sign-in upon arrival. New students must fill out a waiver at the gym.

MAKE-UPS:

- Ages 6 and up: ***Use Open Gym as a make-up*** so you never have to lose a class that you miss
- Ages 3-5 may take a corresponding class of the same level to do a make-up. Please notify the office.

LITTLE EXPLORERS: A fun class for preschool tumblers **ages 3-5; (45min)**
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!

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: *Must have perfected a cartwheel, forward roll, and press up to backbend with proper technique.* Continuing work on standing backbends, roundoffs, handstands, backward rolls, backbend kickovers, and front limbers

BASIC II: *Must have a perfected standing backbend kickover and front limber.* Progressing to fluid front and back walkovers, roundoffs, handstands, back extension rolls, and an introduction to drills for back handsprings.

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

ADVANCED: *Must have a perfected standing and 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 perfected roundoff bhs tuck and 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 perfected roundoff back handspring layout and standing tuck.* Learning twisting skills, such as fulls and doubles. Learning specialty skills, such as whips and arabians.

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