

GETTING PREPARED

New to us?
INFORMATION MEETINGS
 April 15 | 7:30 PM
 May 18 | 7:30 PM

NOW IS THE TIME TO GET PREPARED WITH OUR 4-WEEK CLASS SESSION!

During the month of May we will be offering many specialty and tumbling classes to allow athletes the opportunity to develop their skills. Classes begin Monday, May 3rd and go through Saturday, May 29th. See page 5 for pricing.

MAY SCHEDULE		Requirements		Requirements
MONDAYS	CLASS 1		CLASS 2	
4:45—6:00 PM	Elite Open Team Practice	<i>Ages 13+ AND Standing BHS series & RO BHS tuck</i>	Beginning Tumbling 5:00—6:00 PM	<i>Ages 7+</i>
6:15—7:00 PM	Flight School	<i>Ages 9+</i>	Elite Open Team Practice	<i>Ages 8-11 AND BWO</i>
7:15—8:15 PM	Elite Open Team Practice	<i>*Ages 9—16 AND Standing BHS & RO BHS</i>	Open Team Practice	<i>Ages 13+ No experience</i>
TUESDAYS	CLASS 1		CLASS 2	
4:00—4:45 PM			Pre-School Tumbling	<i>Ages 3—5</i>
5:00—6:00 PM	Intermediate Tumbling	<i>Back Walkover Ages 7+</i>	Beginning Tumbling	<i>Ages 7+</i>
6:15—7:15 PM	Premier Open Team Practice	<i>Ages 7—14</i>	Foundations Tumbling (6:30-7:15pm)	<i>Ages 4—6</i>
7:30-8:30pm	Advanced Tumbling	<i>RO BHS & Standing BHS</i>	Elite Tumbling	<i>RO BHS Tuck & Standing series 3 BHS</i>
WEDNESDAYS	CLASS 1		CLASS 2	
5:00—6:30 PM	Open Gym	<i>Ages 7+</i>		
6:45—7:30 PM	Conditioning for Athletes	<i>Ages 9+</i>		
7:00—8:00 PM	Cheer Boot Camp	<i>Ages 7+</i>		
THURSDAYS	CLASS 1		CLASS 2	
4:00—4:45PM			Itty Bitty Boot Camp	<i>Ages 4—6</i>
5:00—6:00 PM	Elite Tumbling	<i>RO BHS Tuck & Standing series 3 BHS</i>	Beginning Tumbling	<i>Ages 7-11</i>
6:15—7:15 PM	Beginning Tumbling	<i>Ages 12+</i>	Intermediate Tumbling	<i>Ages 12+ AND Back Walkover</i>
7:30-8:30pm	Elite Tumbling	<i>RO BHS Tuck & Standing series 3 BHS</i>	Advanced Tumbling	<i>RO BHS & Standing BHS</i>
SATURDAYS	CLASS 1			
10:00—10:45 AM	Foundations Tumbling	<i>Ages 4—6</i>		
11:00—12:00 PM	Beginning Tumbling	<i>Ages 7-11</i>		
12:00—1:00 PM	Intermediate Tumbling	<i>Back Walkover Ages 7-11</i>		

