

Welcome

Douglasville Gymnastics and
Cheerleading Club, Inc.
8877 Bright Star Road
Douglasville, GA 30134
770-489-Club (2582)

to our gymnastics, cheerleading & tumbling program!

Thank you for choosing our club (est. 1987) for your child's professional sports instruction. With the largest gymnastics training facility in the West Georgia area, our programs are also backed by many years of professional training and experience. We want your child's class to be a positive learning experience (an experience they will value for their lifetime,) therefore; we continuously strive to provide some of the state's top instruction. In addition to teaching in a positive and fun atmosphere, safety is also at the top of our priority list. All classes promote physical fitness, goal-setting, mental health and emotional well-being.

We look forward to seeing your child in one of our classes soon! If our facility and staff are new to your child, our instructors will make special attempts to help your child adjust to their new, stimulating environment. After a few weeks of classes, the excitement of attending a new class will surface and every student should feel comfortable.

If you have any questions or concerns, simply call our office (770-489-2582.)

See you soon!

PHILOSOPHY & COMMITMENT

Douglasville Gymnastics & Cheerleading Club, Inc. has been providing Douglas County and surrounding communities with quality programs since 1987. In addition to being in the sports business, we are also in the service business. We take pride in delivering services in a prompt and professional manner. We continuously strive to earn your trust so in turn; you will consider us your trusted, professional sports instructors.

Our top priority is to provide quality programs for the youth in our community. Understanding that each child will progress at their own rate, programs offered are instructional (recreational,) educational, and competitive. We strive to keep safety a main priority while also teaching in a progressive, positive and fun atmosphere. Classes are kept to a low student-teacher ratio to aid in safety measures, while also ensuring that each child receives individual attention.

Our philosophy is to encourage participation in all sports by teaching gymnastics, cheerleading and tumbling to children/teens in a positive learning environment. The training your child will receive at our gym will provide benefits that will last them a lifetime...

-**Self-confidence** is developed through positive achievements; therefore, the student's motivation and sense of accomplishments are enhanced, further creating an increased value of self-worth and positive mental attitude.

-**Physical well-being** is encouraged and developed. Classes improve flexibility, coordination, balance and strength, helping students to excel in other sports while also developing a desire to stay fit for life.

If you ever have any questions, comments or concerns, please feel free to contact our office staff &/or owner directly. Listening to our customers is one of the reasons our programs are the best available.

MONEY MATTERS

REGISTRATION FEES

We charge an annual registration fee of \$60.00. It is renewable each year on the anniversary date of your registration.

The amount for yearly registration is \$60.00.

For each sibling registered, there is an additional \$10.00 discount (Ex. -\$60/\$50/\$40.)

TUITION

Our school year tuition rates are based on a 36 week class schedule that is divided into monthly payments. Tuition is due on the first of each month during our school year session (August-May). A \$10 late fee will be charged to all accounts not paid by the 10th of the month. Additional reminders include monthly newsletters, yearly calendar (located on our website,) and a "Tuition Due This Week" sign that hangs on the gym door. We offer several different payment options and pricing. See below:

SESSION PRICES (FOUR WEEKS OF CLASS)

| | Regular Price | Auto Credit Cards/ Auto EFT |
|--|----------------------|------------------------------------|
| One, 45 min. Class Per Week | \$70 | \$65 |
| One, 1 Hr. Class Per Week | \$80 | \$75 |
| One, 45 min. Class + One 1 Hr. Class Per Week | \$140 | \$135 |
| Two, 1 Hr. Classes Per Week (or 2nd child) | \$150 | \$145 |
| Three, 1 Hr. Classes Per Week (or 3rd child) | \$210 | \$205 |

If you prefer to pay the year in full (Aug-May), you will also receive the AUTO discount (\$5.00 off each month, see above.)

**** SIBLING DISCOUNTS ARE REFLECTED IN THE CHART ABOVE. ****

TUITION MUST BE PAID DURING THE WEEK IT IS DUE, REGARDLESS IF YOUR CHILD ATTENDS CLASS THAT PARTICULAR WEEK. Tuition not paid by the 10th of the month will automatically be charged a \$10 late fee.

Payment can be mailed to 8877 Bright Star Rd., Douglasville, GA 30134. We also accept call-in (phone,) credit/debit card payments. As long as your DGC account is kept current, your child is automatically guaranteed a space in her/his selected class each month; however, if payment is not received by the end of the billing cycle (end of four week class period,) and the office has not been notified of any extenuating circumstances, we will assume you wish to withdraw your child and she/he will be dropped from the class roll and placed in an inactive file. Once placed in the inactive file, your child's class space will be made available to another student. After being placed in the inactive file, if you choose to continue classes at a later date, you will be charged a \$25 reinstatement fee. To withdraw from a class without being charged a reinstatement fee, our office staff requires a two week, written notification prior to withdrawing. **Please Note: You WILL be held responsible for tuition &/or charged a reinstatement fee UNLESS a two week, WRITTEN notice (stating your child will be discontinuing,) is received.**

REINSTATEMENT FEES

If tuition is not paid by the end of a billing cycle (remember...we send friendly reminders each month,) your child will be dropped from their class and moved to an inactive file. If choosing to continue classes after being moved to the inactive file, you will be charged a \$25 reinstatement fee. Please remember, billing is an expensive process and one we try to avoid. We attempt to keep these types of costs low, so in turn; we can give you the best quality instruction at the lowest possible price.

REGISTRATION, TUITION & REINSTATEMENT FEES ARE NON-REFUNDABLE.

PAYMENT OPTIONS

Acceptable forms of payment are cash, check, &/or debit and credit cards. Please, make sure to write your child's name on checks, especially if student's last name is different than the last name printed on the check.

A \$25.00 FEE WILL AUTOMATICALLY BE CHARGED TO YOUR ACCOUNT FOR ALL RETURNED CHECKS.

SAFETY REGULATIONS

New students need to be educated on gym safety, while returning students always need to be reminded; therefore, our instructors will continuously review gym safety, proper progressions, and rules/policies with their class students. After all, SAFE and healthy students and classes are two of our main goals. Some of the information we will share with your child is noted below. Please, help us to reinforce the following with your child...

CLASS/GYM RULES

- ★Students should always be on time for class.
- ★Students should always be in the correct dress code (see exacts on General Rules & Policies page.)
- ★An instructor must always be present for students to enter the gym area.
- ★No students are allowed on equipment without an instructor's supervision (absolutely no horseplay around or on any apparatus.)
- ★While on equipment, there should only be one student at a time (unless informed otherwise by an instructor.)
- ★Students should look around closely before crossing any floors, mats or equipment.
- ★Students should avoid following other students/instructors too closely.
- ★If student becomes ill or injured; they are always encouraged to notify their instructor.
- ★Students must ask their instructor before leaving class to go to the restroom or water fountain.
- ★Students should never leave the instructional gym, for any reason, without an instructor.
- ★Students should only exit the gym through the gym's FRONT office doors.

GENERAL SKILL LEARNING SAFETY TIPS

- ★New skills should be attempted and performed in their PROPER progression (instructors will notify students of progressions.)
- ★Before attempting any skill, instructors MUST know which skill a student is attempting.
- ★Students should NEVER attempt any skill by themselves until an instructor "Okay's it."
- ★Students are NEVER to attempt a skill they have not yet been taught in class.
- ★Students are instructed to FOLLOW THROUGH with all skills. Once they start a skill, they are expected to finish the skill.
- ★Students should keep their eyes open during all skills.
- ★Students are always encouraged to ASK QUESTIONS.

SPECIAL EQUIPMENT PRECAUTIONS

- Bars
 - ★Hanging on bar cables or metal support bars is NOT allowed.
 - ★Most skills must be executed and mastered on the low bar before attempting skill on the high bar.
- Beam
 - ★Hanging/swinging underneath the beam &/or hanging on the beam's "legs" are NOT allowed.
 - ★Most skills must be executed and mastered on a floor/low beam before attempting skill on a higher beam.
 - ★Students should be aware of other class students (instructed to look around before jumping off class beams.)
- Floor
 - ★Students should NOT run across the floors (especially in front of other children/classes.)
 - ★Students should make themselves aware of other tumblers. Keep a reasonable distance from other students.
- Tramp
 - ★Students should NEVER get on the trampoline without instructor's permission.
 - ★Respect the trampoline (NO horseplay whatsoever.) Students should NEVER jump OFF the trampoline.
 - ★Students should attempt to stay in the center of the trampoline for all skills being attempted.
- Pit
 - ★Students should NEVER enter the pit unsupervised.
 - ★Students should NEVER enter the pit without checking for other students who may already be in the pit.
 - ★Students should NEVER enter the pit head first &/or in an arched position.
 - ★Absolutely NO horseplay in the pit area.

WARNING OF RISK TO PARTICIPANT

While students are notified of safety precautions and rules, any activity involving motion or height creates the possibility of accidental injury. Both parents and participants should be aware; Injury is possible in connection with gymnastics/cheerleading/tumbling, or any other athletic activity.

PROGRAM TITLES

Our weekly classes are offered year round. The different programs offered are as follows:

Parent Tot Gymnastics: This is our youngest group of students, ages 18 months & up. In our separate preschool area with equipment scaled down to cater to preschool heights, a parent attends and participates in class with their child. Innovative lesson plans, games and activities are used to help children experience various movement concepts necessary for all sports activities.

Preschool Gymnastics: This class is for children between ages two ½ thru five. In our separate preschool area with equipment scaled down to cater to preschool heights, students attend class independently. Innovative lesson plans, games and activities are used to help children experience various movement concepts necessary for all sports activities.

Progressive Gymnastics: This class is for children ages five & up. Classes are divided by age and ability. We offer different levels of gymnastics classes (Division 1-*beginner*, through Division 8-*advanced*.) For students to be moved to the next class division, skill prerequisites must be met on each piece of gymnastics apparatus.

Instructional Cheerleading: This class is for children ages 4-12. Class teaches proper technique for basic cheerleading skills & fundamentals, while also combining motions, jumps, and dances into 8-count sequences. Cheers, chants, & stunts are also taught. Cheerleading classes also include tumbling instruction. *See tumbling description below...*

Instructional Tumbling: This class is for children ages 4-18. Class is designed for those students who want to focus primarily on floor tumbling. Instruction for this class includes tumbling on spring & non-spring floors, trampoline & tumble traks, and other specialized mats.

Advanced Preschool: This is a gymnastics class for children ages three & four. Class is *invitation only* by instructor. Students are selected from our preschool classes based on certain criteria; listening skills, maturity level, attendance, and skill achievement.

Training Team: Training Team is designed for students that have reached a certain skill level and are interested in competitive gymnastics. Training Team students are selected from our progressive gymnastics classes. Students can be invited to this program after being evaluated by one of our competitive coaches. This class meets two days a week and is *invitation only*.

Competitive Team: Douglas County's ONLY competitive gymnastics teams...The "Douglasville Dream Team" and The DGC Storm Team". After a certain skill level is achieved, students can request a tryout, &/or are hand selected from our training team class or progressive gymnastics classes. Practice hours/required travel will vary. Team members compete through USA/AAU Gymnastics.

Competitive Cheer: Douglas County's first, competitive cheerleading teams are known as the "Douglasville Cheer Stars." Cheer Stars practice two days/week, and compete through The USASF (levels 1-5/ages 5-18.) Each year, staff member nominate potential Cheer Stars from our progressive gymnastics, instructional cheer & tumbling classes. *Open tryouts* are also held each spring.

ALSO OFFERED...

Birthday Parties: Allow two of our instructors to host your child's birthday party (stress free for you!) Gym parties consist of one hour of gymnastics activities/games (downstairs,) and thirty minutes in our upstairs party room for refreshments & gift opening. Invitations provided. Gym parties also include a goody bag for each child in attendance. Party brochures available upon request...

Camps and Clinics: Several times throughout the year (various summer weeks and also during holiday and spring break weeks, when we do not offer regular classes,) we offer special gymnastics/cheer/tumbling camps and clinics. Check our monthly newsletter or *facebook* page for upcoming activities and additional information.

Parents Night Out: Parent's Night Out is offered one or two Fridays a month. PNO hours are 7pm-Midnight. Cost is \$30.00 per child (pizza dinner/drinks are included!) Check our monthly newsletter or *facebook* page for upcoming PNO dates.

Spring Performance: Each May, we host a Spring Performance for our class students (exception-8pm tumbling). This is a special event where all students can "show off" what they have learned throughout the year. Trophies and medals are presented to each Spring Show participant. Information/updates will be distributed throughout the instructional year.

GENERAL RULES AND POLICIES

MAKE UP CLASSES/OPEN WORK OUT

There are no refunds or prorated tuition amounts for missed classes; however, as a courtesy to our customers, we offer an open work out time in place of the missed class. This must be scheduled during the session in which the class is missed. To schedule an open work out time, you must contact the front office. Once it is scheduled, it cannot be rescheduled. OPEN WORK OUT TIMES ARE NOT GUARANTEED TO ALWAYS BE AVAILABLE. Note: Missed classes will be reflected on our gym records. *Open Work Out times are NOT offered for 'invitation only' classes or competitive teams.*

*** PLEASE DO NOT ASK THE OFFICE STAFF TO DEVIATE FROM THE POLICY STATED ABOVE. ***

SCHEDULE CHANGES AND GYM CLOSINGS

*** DOUGLASVILLE GYMNASSTICS DOES NOT ADHERE TO ALL SCHOOL CLOSINGS. ***

Notifications of all scheduled closings will be noted on our yearly calendar (to be received at registration,) and also noted in our monthly newsletters. For closings due to inclement weather, please call the gym (or check our *facebook* page) for updates.

PARENT'S OBSERVATION ROOMS

For your convenience, we have two waiting areas (upstairs & downstairs,) both with windows looking out to the gym area. If unsure where these areas are located, please ask our staff for guidance. ***Our office area (window behind front desk,) glass door going into the gym (also located in gym's office,) instructional gym area, stairwell leading to upstairs waiting room, &/or any outside door/window ARE NOT APPROPRIATE VIEWING AREAS.*** Classes may only be observed from one of our two waiting areas (policy has less to do with control and more to do with safety.) A child's contact, even eye contact with a parent can be limiting to their class progress. In some cases, unnecessary distractions may also become a safety hazard for students (due to lack of concentration.) When students are focused, a teacher is able to maintain their class's full attention/focus, and also maximize instructional time. If you have questions concerning your child's class, please speak with your child's teacher &/or the office staff.

FRONT OFFICE AREA

Our front office always needs to be available for new customers and those who need assistance. ***Please, help us to keep our front office clear.*** When any class is released, our front office needs to be clear of observation traffic so teachers can transport students directly through the office, to the front door, and to our car pool lanes. Students who are arriving also need to be able to walk directly through the front office, to the instructional gym area, and report to their class' warm-up location.

*** ONLY STAFF MEMBERS ALLOWED BEHIND THE GYM'S FRONT DESK. ***

DROP OFF AND PICK UP

Students may be dropped off **NO EARLIER THAN 10 MINUTES PRIOR** to the beginning of class, and should be picked up **NO LATER THAN 5 MINUTES AFTER** their scheduled class dismissal time. ***If not picked up within ten minutes of class dismissal time, a \$15.00 (late) charge will automatically be billed to your DGC account.*** Any exceptions to this policy must be cleared by our office staff in advance. For your convenience, we offer student drop off and pick up lanes. Please, make yourself familiar with our designated lanes. The right lane (closest to the gym's front door) is used for pick up (class dismissal.) As a courtesy, we provide a staff member to put students in their cars when classes dismiss. Please reinforce to your child, students are not to go out of our gym doors unless accompanied by an instructor or parent. The left lane is used for drop off (arriving students.) Five minutes before class start times, we also provide a staff member to get students out of their cars. If you happen to drop your child off before or after a staff member is available, please make sure your child crosses the crosswalk and enters the gym. You may park and accompany your child into the gym; however, ***cars should NEVER be left unattended in either convenience lane.***

DRESS CODE

Long hair must be pulled back. No student should wear jewelry. Female gymnasts wear a leotard (body suit). Male gymnasts, cheerleading & tumbling students wear gym shorts and a t-shirt (tucked in...) ***NO shorts or shirts with BUTTONS or ZIPPERS.*** Gymnastics students go bare foot in class (slippery footwear MUST be removed.) Cheerleading students should wear tennis shoes. Tumbling students may choose to go bare foot or wear tennis shoes. Since dress codes are for safety reasons, please make sure your child is dressed appropriately for each class. Students not in accordance with the dress code may not be able to participate in class.

LOST AND FOUND

We are not responsible for any items lost, left, or stolen in our facility. Articles left in the gym are placed in the gym's lost and found. To look through our lost & found, please ask a staff member. At random times, items left behind are donated to charity.

OTHER GYM RULES AND POLICIES

1. NO chewing gum, food or drinks allowed in the gym area.
2. Parents, siblings, & visitors are NOT allowed on the gym floor or equipment.
3. Classes dismiss 5 minutes **before** class time ends (ex. 4pm class dismisses @ 3:55.)
4. Drive carefully in the parking lot.
5. No running in the office area or waiting room.
6. No smoking inside the gym.

PARENT-TOT GYMNASTICS CLASS SPECIFICS

Our Parent-Tot program is designed to help your child physically, mentally and socially. Parent/child interaction with no interruptions from phones, doorbells, or other children is an added benefit for you and your child. As your gymnastics professionals, we will present your child with age appropriate movement challenges. We strive to build your child's confidence and self-esteem through a positive and fast moving, fitness program. The wonder on a child's face as they develop a belief in themselves, trust in us, and attempt new challenges is astounding. One of our most challenging objectives is teaching our youngest students to behave in a controlled atmosphere (teaching the importance of following directions, waiting their turn, and paying attention.) Our parent-tot classes are taught from progressive and unique, weekly lesson plans that incorporate instruction on gymnastics apparatus modified to the special needs and height of preschoolers. Gross motor coordination and hand-eye coordination is developed through the use of balance beams, trampolines, uneven and single bars, rings, ladders, tunnels, spring boards and tumbling mats...just to name a few! In class, we will explore inversions, weightlessness, heights, balance, depth perception, body control and more. Group activities involving music and partner work are often included in our weekly curriculum. Utilizing music allows students to improve both their rhythm and listening skills. Group and partner activities provide students with an awareness of others and their individual space, while also learning to share and take turns.

CLASS FORMAT

EQUIPMENT & FLOOR CIRCUITS-

Stations are set up with mats &/or equipment that are linked together to form an easy-flowing circuit for students to follow. Circuits are typically set up in a circular &/or square pattern to aid in sequential learning, further increasing memory development and retention. One of the main class objectives is to keep all students busy, working independently, yet at different gymnastics/fitness stations. The easier stations are set up for individual work, while more challenging stations are spotted by an instructor. Forward rolls, backward rolls, handstands, cartwheels, climbing, swinging, jumping, hopping, and balancing are a few examples of the basic gymnastics skills and movements incorporated during this portion of class.

GROUP LOCOMOTOR, POSITIONS-

This segment of class helps students interact with each other in a group &/or partner setting. Games and musical activities are often incorporated. Basic gymnastics "body positions" are also taught at this time (including but not limited to scales, "tada," squat, pike, straddle, tuck, and candle.)

REVIEW TIME-

At the end of each class, instructors review class material, inform students of upcoming events/activities (this keeps kids excited and looking forward to returning to class,) and issue stamps and handouts. Class is dismissed after 40 minutes.

To help your child become comfortable with their instructors and their class, please be prompt each week and try to limit make-up classes. This will do wonders for the student's happiness and mastery of new skills. Keep in mind...Each child is unique. Through repetition and review, children become familiar and comfortable with different skills. Please, do not be discouraged by what you may consider slow progress. Certain skills are easy to master, while others take much practice. If you ever feel the need to discuss your child &/or their class with your child's instructor, feel free. ☺

PRESCHOOL GYMNASTICS CLASS SPECIFICS

As your preschool gymnastics professionals, each of our instructors shares a deep love for children. We strive to build your child's confidence and self-esteem through a positive and fast moving, fitness program. The wonder on a child's face as they develop a belief in themselves, trust in us, and attempt new challenges is astounding. One of our most challenging objectives is teaching preschoolers to behave in a controlled atmosphere (teaching the importance of following directions, waiting their turn, and paying attention.) Our preschool classes are taught from progressive and unique, weekly lesson plans that incorporate instruction on gymnastics apparatus modified to the special needs and height of preschoolers. Gross motor coordination and hand-eye coordination is developed through the use of balance beams, trampolines, uneven and single bars, rings, ladders, tunnels, spring boards and tumbling mats...just to name a few! In class, we will explore inversions, weightlessness, heights, balance, depth perception, body control and more. Group activities involving music and partner work are often included in our weekly curriculum. Utilizing music allows students to improve both their rhythm and listening skills. Group and partner activities provide students with an awareness of others and their individual space, while also learning to share and take turns.

CLASS FORMAT

EQUIPMENT & FLOOR CIRCUITS-

Stations are set up with mats &/or equipment that are linked together to form an easy-flowing circuit for students to follow. Circuits are typically set up in a circular &/or square pattern to aid in sequential learning, further increasing memory development and retention. One of the main class objectives is to keep all students busy, working independently, yet at different gymnastics/fitness stations. The easier stations are set up for individual work, while more challenging stations are spotted by an instructor. Forward rolls, backward rolls, handstands, cartwheels, climbing, swinging, jumping, hopping, and balancing are a few examples of the basic gymnastics skills and movements incorporated during this portion of class.

GROUP LOCOMOTOR, POSITIONS-

This segment of class helps students interact with each other in a group &/or partner setting. Games and musical activities are often incorporated. Basic gymnastics "body positions" are also taught at this time (including but not limited to scales, "tada," squat, pike, straddle, tuck, and candle.)

REVIEW TIME-

At the end of class, instructors review class material, inform students of any upcoming events and activities (this keeps kids excited and looking forward to returning to class,) and issue stamps and handouts. Classes are dismissed after 40 minutes.

To help your child become comfortable with their instructors and their class, please be prompt each week and try to limit make-up classes. This will do wonders for the student's happiness and mastery of new skills. Keep in mind...Each child is unique. Through repetition and review, children become familiar and comfortable with different skills. Please, do not be discouraged by what you may consider slow progress. Certain skills are easy to master, while others take much practice. If you ever feel the need to discuss your child &/or their class with your child's instructor, feel free. ☺

GYMNASTICS CLASS SPECIFICS

We are proud to call ourselves your gymnastics professionals, offering a comprehensive, well-planned, progressive gymnastics program for students at all levels. Each of our instructors shares a deep love for children. As our students attempt new challenges each class, we pride ourselves in helping them develop a stronger and more positive belief in themselves.

We offer beginning through advanced levels of instructional gymnastics (divisions 1-8.) All classes utilize the following pieces of gymnastics apparatus: Floor Exercise, Uneven & Single Bars, Balance Beams, Trampoline & Tumble Trak, and other specialized equipment/mats. Students are also instructed on tumbling and vaulting fundamentals. All equipment is adjustable to better fit the needs of each class (specific class needs concerning equipment are based on height, age & ability.) See our class structure below...

CLASS FORMAT

WARM UP-

Each class begins with an eight minute warm up (stretches and movement activities are performed to prepare student's muscles for further activity.) After stretch, students split into their individual groups with their specific class instructor.

STATIONS-

Individual groups rotate to two different stations each class. There are four stations that are included in this class. The stations are floor exercise, trampoline/tumble trak, uneven & single bars &/or balance beams. Each class includes a 20 and 25 minute rotation. Individual skill lists and weekly lesson plans are used at each station to monitor progress.

REVIEW-

At the end of the last station, instructors distribute handouts and inform students of any upcoming events and activities (this keeps kids excited and looking forward to returning to class.) Each class is dismissed after 55 minutes so all students have time to gather their belongings and report to the car pool line.

To help your child become comfortable with their instructors and their class, please be prompt each week and try to limit make-up classes. This will do wonders for the student's happiness and mastery of new skills. Keep in mind...Each child is unique. Through repetition and review, children become familiar and comfortable with different skills. Please, do not be discouraged by what you may consider slow progress. Certain skills are easy to master, while others take much practice. If you ever feel the need to discuss your child &/or their class with your child's instructor, feel free. ☺

BOYS GYMNASTICS CLASS SPECIFICS

We are proud to call ourselves your gymnastics professionals, offering a comprehensive, well-planned, boys' progressive program for various ages and gymnastics skill levels. As our students attempt new challenges each class, we pride ourselves in helping them develop a stronger and more positive belief in themselves.

Our boys' classes consist of gymnastics instruction on the following apparatus: Floor Exercise, Rings, Single Bars, Balance Beams, Trampoline & Tumble Traks, and other specialized equipment/mats. In addition to class instruction on the gymnastics apparatus noted above, strength conditioning is also a main focus in all our boys' classes. Students will also be instructed on tumbling and vaulting fundamentals. All equipment is adjustable to better fit the needs of each class (specific class needs concerning equipment are based on height, age and ability.) Our class structure is made up of the following:

CLASS FORMAT

WARM UP-

Each class begins with an eight minute warm up (stretches and movement activities are performed to prepare student's muscles for further activity.) After stretch, students split into their individual groups with their specific class instructor.

STATIONS-

Individual groups rotate to two different stations each class. There are four stations that are included in this class. The stations are floor exercise, trampoline/tumble trak, uneven & single bars &/or balance beams. Each class includes a 20 and 25 minute rotation. Individual skill lists and weekly lesson plans are used at each station to monitor progress.

REVIEW-

At the end of the last station, instructors distribute handouts and inform students of any upcoming events and activities (this keeps kids excited and looking forward to returning to class.) Each class is dismissed after 55 minutes so all students have time to gather their belongings and report to the pool line.

To help your child become comfortable with their instructors and their class, please be prompt each week and try to limit make-up classes. This will do wonders for the student's happiness and mastery of new skills. Keep in mind...Each child is unique. Through repetition and review, children become familiar and comfortable with different skills. Please, do not be discouraged by what you may consider slow progress. Certain skills are easy to master, while others take much practice. If you ever feel the need to discuss your child &/or their class with your child's instructor, feel free. ☺

CHEERLEADING CLASS SPECIFICS

Throughout recent years, cheerleading has gained much momentum, becoming an extremely popular sport for the younger generation. Cheerleaders are now referred to as athletes as opposed to participants. Due to the increased interest of the sport, we pride ourselves in offering professional cheerleading and tumbling instruction on modern cheerleading fundamentals, technique, and safety. As our students attempt new challenges each class, we pride ourselves in helping them develop a stronger and more positive belief in themselves.

All of our cheerleading classes provide instruction on the following: Cheers, Chants, Motion, Dance & Jump Sequences (taught to 8-count combinations,) and both Building/Stunting & Tumbling Fundamentals. Tumbling equipment utilized in class includes spring & foam floors, trampoline & tumble traks, and other specialized training mats.

CLASS FORMAT

WARM UP-

Each class begins with an eight minute warm up (stretches and movement activities are performed to prepare student's muscles for further activity.)

STATIONS-

Weekly lesson plans are used to monitor student/class progress.

CHEER-In the cheer portion of class, students will combine motion, dance & jump sequences to 8-count combinations. Students learn the technical names of all jumps, proper jump approach (how to begin,) how to execute (proper arm & leg placement,) and how to finish all jumps. Cheers, chants, and stunting fundamentals are also taught in class.

TUMBLE-Students work on basic gymnastics fundamentals related to cheerleading such as rolls, cartwheels, round offs, kickovers and walkovers (front and back.) After basic skills are mastered, students will begin working more difficult progressions that lead to more advanced skills such as back handsprings and back tucks. Basic strength conditioning is also incorporated in all cheer classes.

REVIEW-

At the end of class, instructors distribute handouts and inform students of any upcoming events and activities (this keeps kids excited and looking forward to returning to class.) So all students have time to gather their belongings and report to the car pool line, classes are dismissed after 55 minutes.

To help your child become comfortable with their instructors and their class, please be prompt each week and try to limit make-up classes. This will do wonders for the student's happiness and mastery of new skills. Keep in mind...Each child is unique. Through repetition and review, children become familiar and comfortable with different skills. Please, do not be discouraged by what you may consider slow progress. Certain skills are easy to master, while others take much practice. If you ever feel the need to discuss your child &/or their class with your child's instructor, feel free. ☺

TUMBLING & TRAMPOLINE CLASS SPECIFICS

Due to the increased interest in floor tumbling, we have designed a class JUST FOR TUMBLING! We pride ourselves in being your tumbling professionals, offering a comprehensive, well-planned, progressive tumbling program. To ensure safe and progressive teaching, skills (including but not limited to the following; rolls, handstands, cartwheels, round offs, kickovers, walkovers, handsprings & tucks) will be taught in a progressive format. Equipment utilized in class will include: Spring & Foam Floors, Trampoline & Tumble Traks, and other specialized training mats.

CLASS FORMAT

WARM UP-

Each class begins with an eight minute warm up (stretches and movement activities are performed to prepare student's muscles for further activity.) After stretch, "roll call" is taken. After "roll" is complete, class instruction begins.

STATIONS-

Individual skill lists and weekly lesson plans are used to monitor progress.

Stations include drills and skills to aid students in mastering basic tumbling skills (cartwheels, round offs, kickovers & walkovers.) After basic skills and progressions are mastered, students begin lead up skills and drills for more advanced tumbling (back handsprings, tucks, & combination tumbling series.) Conditioning and strength training are additional methods of instruction used in class.

REVIEW-

At the end of class, instructors distribute handouts and inform students of any upcoming events and activities (this keeps kids excited and looking forward to returning to class.) Each class is dismissed after 55 minutes so all students have time to gather their belongings and report to the car pool line.

To help your child become comfortable with their instructors and their class, please be prompt each week and try to limit make-up classes. This will do wonders for the student's happiness and mastery of new skills. Keep in mind...Each child is unique. Through repetition and review, children become familiar and comfortable with different skills. Please, do not be discouraged by what you may consider slow progress. Certain skills are easy to master, while others take much practice. If you ever feel the need to discuss your child &/or their class with your child's instructor, feel free. 😊