

MOTIONS CHEER GYM

1976 HARTOG DR. SAN JOSE, CA 95131 TEL: 408-451-9037 FAX: 408-451-9039 WWW.CHEERGYMS.COM

September/October Schedule 2009 (REVISED 9/17/09)

| DAY | MON | TUE | WED | THU | FRI | SAT | SUN | |
|---------|--|--|---|---|---|---|--|---|
| CLASSES | Youth All-Stars 6:00 – 7:45 pm | Live Oak HS 4:00 – 5:45 pm | Youth All-Stars 6:00 – 7:45 pm | Fremont HS 4:30 – 6:00 pm | | Open Gym* 12:00-1:00 pm | Special Needs All-Stars 12:30 am – 2:00 pm | |
| | "Back Handspring Bonanza" 6:30 – 7:30 pm (Sept 14, 21, 28 & Oct 5, 19, 26) | "Get Your Tuck" 6:00 – 7:00 pm (Sept 1, 8, 15, 22, 29 & Oct 6, 13, 20, 27) | Tiny Tumble & Cheer (Ages 5 - 9 yrs) 6:30-7:30 pm | Open Gym* 6:00-7:00 pm | Senior All-Stars Maroon 6:15 – 8:00 | PRIVATES & CLASS SIGN UPS: 3RD Monday of the prior month! August 24 for September Classes and Privates. September 21 for October Classes and Privates | | All-American Level 5 All Stars 2:00-5:00 pm |
| | Tumbling Basics (Ages 10 – 18 yrs) 8:00 – 9:00 pm | Senior All-Stars Maroon 6:15 – 8:00 | Tumbling Level 3/4 8:00 – 9:00 pm | Senior All-Stars Maroon 6:15 – 8:00 | Tumbling Level 3 6:30 – 7:30 pm | | | |
| | "Intro To Cheer" 8:00 – 9:00 pm (Sept 14, 21, 28 & Oct 5, 19, 26) | Tumbling Level 2 6:30 – 7:30 NIKKI NEW CLASS! | Tumbling Level 2 8:00 – 9:00 pm | "Flyers Class" 8:00 – 9:00 pm (Sept 2, 9, 16, 23, 30 & Oct 7, 14, 21, 28) | Senior All-Stars Black 7:45 – 9:30 pm | GYM CLOSURES: September 7(Labor Day) October 12 (Columbus Day) October 31 (Halloween) | | |
| | | Tumbling Level 4/5 6:30 – 7:30 pm | | | Tumbling Level 2 8:00 – 9:00 pm | | | |
| | | Senior All-Stars Black 7:45 – 9:30 pm | | | | | | |
| | | Tumbling Basics (Ages 10 – 18 yrs) 8:00 – 9:00 pm | | | | | | |

CLASS DESCRIPTIONS

TINY TUMBLE & CHEER: Is geared for kids 9 and under and will be fun filled with gross motor skills such as jump ropes and tumble track, basic tumbling through advanced depending on the athlete. They will also learn cartwheels, forward rolls, back walkovers and more cheer skills that will get them ready for their cheer career!

TUMBLING BASICS: Basic tumbling skills and exercises through the learning of a back walk over. Great for beginning tumblers and those who need to improve on their strength and tumbling technique to learn a back handspring.

TUMBLING LEVEL 2: Back handsprings and multiple back handsprings to rebound are the focus of this class. Then strength exercises to get you ready for Level 3 tumbling. **Must pass Tumbling Basics to enter this class.**

TUMBLING LEVEL 3: This is an intermediate tumbling class that focuses on running tumbling into tucks and multiple back handsprings. Strength and flexibility will be heavily done to get everyone in shape for these skills. **Must pass Level 2 tumbling to enter this class.**

TUMBLING LEVEL 4: This class is for the tumbler who has a great multi back-handspring to a tuck and is ready to move onto layouts. Specialty passes will start to be taught in this class like punch fronts through to layouts. **Must pass Level 3 Tumbling to enter this class.**

TUMBLING LEVEL 5: This is for the advanced tumbler who wants to improve on their technique and skills. Fulls, double fulls and specialty passes like Arabian through to fulls will be worked on. **Must pass Level 4 tumbling to enter this class.**

HIGH SCHOOL PRACTICE: An hour and a half with your coach or one of ours! Stunt, Tumble, Jump and Dance your way to a great team! Both Spirit Teams and Competition Teams welcome!

OPEN GYM: An unstructured class for individuals to work on skills on their own. Semi-supervised, individuals can use this to make up a missed tumbling class during the week. **CLASS TESTING DONE DURING OPEN GYM. SIGN UP AT FRONT DESK!**

HALF-YEAR ALL-STARS: These squads sign up in October and practice from November – March. Great for someone who wants to get a taste of All-Star cheerleading without the year long commitment or expense! **No Cheer Experience Required!**

ALL-STARS: A program for competitive cheerleaders. Sign-up in April. Practices start in May and November. Please ask for more information. **No Cheer Ex. Required!**

SPECIALTY CLASSES

"INTRO TO CHEER": If you think you like competitive cheer, but want to give it a try first, this class is for you. 8 weeks of learning a routine and practicing then going to a competition. Extra costs include a t-shirt, bow and competition fee. **No Cheer Experience Required!**

FLYERS CLASS: In this class we will work on flexibility, stunting skills and dismounts for flyers. As class grows it will be split into Beginners who have never flown before and Advanced for girls that need to work on harder skills!

CLASS CANCELED

"GET YOUR TUCK": In this class you will get exercises, drills and plenty of tucking to get the back tuck you want. **Must have a standing back handspring punch and round-off back handspring punch to be in this class.**

BACK HANDSPRING BONANZA: Get ready to learn everything you need to know to get your back handspring. This class will get you going backwards in no time.

PRICES

| | |
|-------------|---|
| \$50 | Yearly Enrollment Fee |
| \$5 | Open Gym (Cash Only) |
| \$5 | Class Tests (During Open Gyms. Sign up at Front Desk) |
| \$20 | Single Class |
| \$55 | One Class per week per month |
| \$95 | Two Classes per week per month |
| \$85 | 6-week "Specialty Class"*** |
| \$95 | 7-week "Specialty Class"*** |
| \$110 | 8-week "Specialty Class"*** |
| \$125 | 9-week "Specialty Class"*** |
| \$60 | 1 hour floor rental |
| \$20 - \$40 | ½ hour Privates. Prices vary by instructor. ** |

Have your school JOIN "THE CLUB!" and get discounts on all our services**. Call for details! or go to www.cheergyms.com and click on "THE CLUB!"

(***"The Club!" discounts do not apply for Privates or Specialty Classes.)

Prices are subject to change without notice.
All Classes are limited to type of class and number of instructors.

A great way to get the skills you need for your team. They can be set up at the front desk. Times and prices vary!