

CHEER & TUMBLING

SOUTH YMCA

January 2018

TUMBLING CLASSES - \$27/MO.

ACADEMY CLASSES- \$35/MO.

Academy Classes

- Classes ran September-December, January-May
- Introductory classes to learn the fundamentals in cheerleading- stunting, tumbling, jumps, and motions.
- Classes paid for via bank draft method with a voided check
- One time \$50 uniform fee
- One time \$30 recital fee
- Multiple performances throughout the year
- Register at any Greater Wichita YMCA location

Tumbling Prerequisites

Tumbling for Dancers- must be on a competitive team

Beginning Tumbling- no prerequisites

Intermediate Tumbling- Must master handstand, cartwheel, back bend, kick overs, & pull ups.

Advanced Tumbling- Must master round-off, back walkover, front walkover and all others from intermediate tumbling.

CHEER ACADEMY	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
PRE-CHEER	4-5	45 min	5:30P						
ACADEMY 1	6-7	60 min				6:15P			
ACADEMY 2	8+	60 min				6:15P			

MONTHLY TUMBLING

TUMBLING FOR DANCERS	6+	30 min				5:30P 7:15P			
TUMBLING BEGINNER	6+	45 min				7:15P			
TUMBLING INTERMEDIATE	6+	45 min				7:15P			
TUMBLING ADVANCED	6+	45 min				7:15P			

Available at Andover, Northwest & South YMCAs - \$35/MO. meets 1x/wk |

- Master skills in the fundamentals - motion techniques, jumps, stunts, cheers & chants
- Develop confidence & team-building skills
- Performance showcase opportunity
- Class fees payable via bank draft
- End of the Summer recital in July/August
- Register at any Greater Wichita YMCA location. Online registration is not available for Academy classes.

TEAM - ALL STAR CHEERLEADING (AVAILABLE AT NORTHWEST YMCA)

Contact the Northwest YMCA All Star Cheer Director for fees & details. 316.260.9622

- Advanced skills will be developed for the dedicated cheerleader
- Weekly training & participation in various community events throughout the year
- Competitions on the local, regional & national level
- Yearly commitment for ages 5-18
- Auditions for competition team held prior to the season. Only at Northwest YMCA