



CONCORD CLASS SCHEDULE

(EFFECTIVE 9/1/2011)

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
C L A S S E S	<u>2:45 – 4:15 pm</u> Berean High Practice JODI	<u>2:45 – 4:15 pm</u> Berean High Practice JODI	<u>3:15 – 4:15 pm</u> High School Tumbling JODI & LEXXIE	<u>4:00 – 5:30 pm</u> Monta Vista High Practice KAT & MORTON			<u>1:00 – 4:00 pm</u> All-Star Team Level 4/5 (In Concord) DERICK & STAFF
	<u>4:00 – 5:30 pm</u> Monta Vista High Practice ANGIE/ALICIA/KAT	<u>4:30 – 5:30 pm</u> High School Tumbling KAT	<u>4:00 – 5:30 pm</u> Monta Vista High Practice ANGIE/ALICIA/KAT	<u>5:00 – 6:00 pm</u> Stunting Class JODI & STAFF			<u>4:00 – 5:30 pm</u> All-Star Team Special Needs (In Concord) JODI & JR. STAFF
	<u>5:30 – 6:30 pm</u> *Tumbling Level 1 (Ages 8+) JEFF & KATRINA	<u>5:00 – 6:00 pm</u> Tumbling Special Needs JODI	<u>5:30 – 6:30 pm</u> *Tumbling Level 2 (Ages 8+) KATRINA	<u>6:00 – 7:30 pm</u> All Star Team Junior L2 ANGIE & JODI			<u>4:00 – 7:00 pm</u> All-Star Team Level 6 (In Concord) MORTON & JASON
	<u>5:45 – 7:15 pm</u> College Park High Practice JODI & DANIELLE	<u>5:00 – 6:00 pm</u> Strength & Flexibility ALICIA	<u>5:30 – 7:30 pm</u> Clayton Valley High Practice ANGIE/ALICIA/LEXXIE	<u>6:00 – 7:30 pm</u> Senior L2 DANNY & ALICIA			
	<u>6:00 – 7:00 pm</u> High School Tumbling ALICIA	<u>6:00 – 7:30 pm</u> All Star Team Junior L2 ANGIE & JODI	<u>5:45 – 7:15 pm</u> College Park High Practice JODI	<u>7:30 – 9:00 pm</u> All-Star Team Senior L1 MORTON & JODI			
	<u>6:30 – 7:30 pm</u> *Tumbling Level 2 (Ages 8+) JEFF & KATRINA	<u>6:00 – 7:30 pm</u> Senior L2 DANNY & ALICIA	<u>6:30 – 7:30 pm</u> *Tumbling Level 1 (Ages 8+) AFSHAWN	<u>7:30 – 9:00 pm</u> Senior L3 LENARD AND ALICIA			
	<u>7:15 – 9:15 pm</u> Clayton Valley High Practice ANGIE/ALICIA/LEXXIE	<u>7:30 – 9:00 pm</u> All-Star Team Senior L1 MORTON & JODI	<u>6:30 – 7:30 pm</u> *Tumbling Level 3 (Ages 8+) KATRINA				
	<u>7:30 – 8:30 pm</u> *Tumbling Level 3 (Ages 8+) JEFF & KATRINA	<u>7:30 – 9:00 pm</u> Senior L3 LENARD AND ALICIA	<u>7:30 – 9:00 pm</u> All-Star Team Level 4/5 DERICK & STAFF				
	<u>8:30 – 9:30 pm</u> *Tumbling Level 4/5 (Ages 8+) JEFF & DERICK						

PRICES

Yearly Enrollment Fee	\$50.00
Open Gym (Cash Only)	\$5.00
Class Advancement Leveling Test*	FREE
Single Class	\$20.00
One Class per week (One month session)	\$59.00
Two Classes per week (One month session)	\$100.00
1 Hour Floor Rental	\$60.00
Floor Rental w/ instructor	\$100.00
Privates (1/2 hour) Prices vary by instructor	\$20-\$40

Prices are subject to change without notice.

Prices will be pro-rated if participant joins mid-session or for sessions that are affected by holidays and/or gym closures.

Gym Closed

Please see the website for dates the gym will be closed for holidays and special events

REALLY want to get that skill?! Sign for private instruction with one of our FANTASTIC Instructors.
\$20 - \$40 per half-hour of instruction!

Class Advancement Leveling Test: To move onto the next level you MUST pass the Class Advancement Leveling Test. Classes that are testing classes are denoted with a (*). Tests are administered randomly throughout the session or by request.

CLASS DESCRIPTIONS

<p>Toddler Tumbling: This class is for those little ones who want to start their tumbling and cheer career very young. A great class working on motor skills, music interpretation, strength and flexibility as well as starting the kids on beginning tumbling skills.</p>	<p>Special Needs Tumbling: This class is for cheerleaders who have some special health and mental circumstances that sometimes limit their ability to be in a regular tumbling class or cheer team. Taught by Jodi Kandl the United State All-Star Federations Special Needs Cheer Team Director. (Not available at all locations)</p>
<p>Tumbling Level 1: (Beginning) Basic tumbling skills and exercises through the learning of a back walk over. Jumps will also be introduced. Great for beginning tumblers and those who need to improve on their strength and tumbling technique to learn a back handspring.</p>	<p>Strength & Flexibility: Every Cheerleader NEEDS to get stronger and NEEDS to be flexible. It helps with getting skills, keeping them and lessening the chance of injury. This class will start off easy, but will increase in difficulty each week.</p>
<p>Tumbling Level 2: (Beginning/Intermediate) Strength and flexibility will be the focus of this class to prepare for the following skills: Standing & Round-off Back handsprings and perfections of all jumps. *Must pass Tumbling Level 1 to enter this class.</p>	<p>Stunting Class: This class is for guys and girls to learn how to stunt. Work on strength, flexibility and actually getting in the air. Great for those who just want to get better at flying as well as basing. EVERYONE WELCOME!!</p>
<p>Tumbling Level 3: (Intermediate) Drills and exercises will be the focus of this class to prepare for the following skills: Multiple standing back handsprings, all jumps to standing back handsprings and running tumbling into tucks. *Must pass Tumbling Level 2 to enter this class.</p>	<p>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.</p>
<p>Tumbling Level 4: (Intermediate/Advanced) This class is for the tumbler who wants to start working on layouts, specialty passes (like punch fronts through to layouts), and all jumps to back handsprings to tucks *Must pass Level 3 Tumbling to enter this class.</p>	<p>All-Stars: A program for competitive cheerleaders. Compete with the West Coasts original Cheer Gym! Sign-up in April. Practices start in May through April. Please ask for more information. No Cheer Ex. Required!</p>
<p>Tumbling Level 5: (Advanced) This class is for the experienced tumbler! The class will focus on fulls and double fulls as well as advanced standing tumbling like standing tucks, standing fulls, jumps to these skills and multiple standing back handsprings to these skills . *Must pass Level 4 Tumbling to enter this class.</p>	<p>Half Year All-Stars: These squads sign up in October and practice from November – April. Great for someone who wants to get a taste of All-Star cheerleading without the year long commitment or expense! No Cheer Experience Required!</p>
<p>NOTE: Not all classes are available at all sessions.</p>	<p>"THE CLUB!": A program where Spirit or Competition School Teams can get professional training to make them the best they can be! You also get discounts on our services and a FREE t-shirt! For more info go to our website!</p>

- Please make sure you get a **Rules and Policies Sheet** for more important information!
- Classes and privates are available for booking on the 3rd Monday of the prior month.
- Participants must sign-up each month for the class. Positions are not held.
- Schedule subject to change without notice.

Cheergyms.com-Concord: 2060 Commerce Ave., Concord, CA 94520 T: 925-685-3910