

MOTIONS CHEER GYM

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

March/April Schedule 2010

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
C L A S S E S	Fremont HS "THE CLUB!" 4:30 – 6:00 pm	Live Oak HS "THE CLUB!" 5:15 – 6:15 pm	"Making A High School Cheer Team" 5:00 – 6:00 pm (Mar 3,10,17,24,31 & Apr 7,14,21,28)			Open Gym 12:00-1:00 pm	All-American Level 5 All Stars 2:00-5:00 pm
	Youth All-Stars 6:00 – 7:45 pm	Senior All-Stars Maroon 6:15 – 8:00	"Flyers Class" 6:00 – 7:00 pm (Mar 3,10,17,24,31 & Apr 7,14,21,28)	Senior All-Stars Maroon 6:15 – 8:00			
	"HELP! I need my Back Handspring!" 6:00 – 7:00 pm (Mar 1,8,15,22,19 & Apr 12,19,26)	Tumbling Level 2 6:30 – 7:30		Tumbling Level 3 6:30 – 7:30 pm			
	"Making An All-Star Cheer Team" 7:00 – 8:00 pm (Mar 1,8,15,22,19 & Apr 12,19,26)	Tumbling Level 4/5 6:30 – 7:30 pm	Youth All-Stars 6:00 – 7:45 pm	Senior All-Stars Black 7:45 – 9:30 pm			
	Tiny Tumble & Cheer (Ages 5 - 9 yrs) 7:00-8:00 pm	Senior All-Stars Black 7:45 – 9:30 pm	Tumbling Level 3/4 8:00 – 9:00 pm	Tumbling Level 3 8:00 – 9:00 pm			
	Tumbling Basics (Ages 10 – 18 yrs) 8:00 – 9:00 pm	Tumbling Basics (Ages 10 – 18 yrs) 8:00 – 9:00 pm	Tumbling Level 2 8:00 – 9:00 pm				
"Strength & Flexibility" 8:00 – 9:00 pm (Mar 1,8,15,22,19 & Apr 12,19,26)							

GYM CLOSURES:
April 2 – 5 Easter Break!

Class Advancement Leveling Test: To move onto the next level you MUST pass the Class Advancement Leveling Test. Tests will start in November. Please contact Morton to set up a date and time. The cost to test is \$5.00.

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.*

"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!

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.

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

"HELP! I Need My BACK HANDSPRING:" It is that time of year where your high school and all-star teams are begging you to get your back handspring. This class will focus on strength exercises, drills and techniques for you to get your back handspring so your coach will be happy!

"STRENGTH & FLEXIBILITY:" Get into shape and become a better cheerleader. This class will do tons of strength building exercises and flexibility work that will help you in all of your cheer skills.

"MAKING AN ALL-STAR TEAM!:" All of the tools you need to make the all-star team you want. At the end of the session the instructor will evaluate you and let you know what level of all-star cheer you should trout for!

"MAKING A HIGH SCHOOL CHEER TEAM!:" If you want to make your high school team, this is the class for you. Base, fly, jump, tumble, and dance your way to a spot on your high school squad!

PRICES

\$50	Yearly Enrollment Fee
\$5	Open Gym (Cash Only)
\$5	Class Advancement Leveling Test
\$20	Single Class
\$55	One Class per week per month
\$95	Two Classes per week per month
\$45	½ hour "Specialty Class"***
\$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
\$100	Floor Rental w/ instructor
\$20 - \$40	½ hour Privates. Prices vary by instructor. **

Class/Privates
Sign-ups begin the 3rd Monday of each month.
Feb 22 for March
Mar 22 for April

Prices are subject to change without notice.

All Classes are limited to type of class and number of instructors.
***"THE CLUB!" discounts do not apply for Privates or Specialty Classes.