



(850) 877-4255

www.gymforce.net

CHEERLEADING CLASSES

CHEER 1 This class is designed to teach the basic tumbling techniques needed to achieve such skills as a Standing Backhand spring. We will also cover basic jump technique and introduce simple arm motions to begin the development of a well-rounded cheerleader.

CHEER 2 This class is designed to further develop the current cheerleader. The main focus of this class is to acquire the running round off back handspring. We will also introduce the basic of a back tuck. Jumps will be advancing to the intermediate level.

CHEER 3 This class is designed to further develop the ADVANCED cheerleader. Our primary focus is the Round off back handspring tuck. We will be introducing the layout back techniques. Our jumps will be advance starting with toe touch backhand spring and moving on from there.

CHEER 4 This class is designed to further develop the Elite cheerleader. Our main focus will be layouts and twisting techniques in tumbling. Athletes must have standing backs, standing back handspring to back tuck. We will be using toe touch immediate back tuck as our jumps, As well as introducing multiple twisting back layouts.

COLLEGE TUMBLING This class is designated for the college age student who wants to advance their tumbling skills. Levels may range from beginner to advanced.

OPEN GYM This is an open gym time in our facility. Instruction is available but on a limited basis. This is a great opportunity for you and your friends to work on that skill you are close to learning. Please note everyone must sign a release form.

CHEER 1 - 4 **\$71.00 per month**

DAY

MONDAY AND WEDNESDAY
MONDAY AND THURSDAY

TIME

5:00 – 6:00
7:00 – 8:00

INSTRUCTOR

BAY AND LARRY
BAY AND LARRY

OPEN GYM **\$5.00 PER VISIT**

DAY

WEDNESDAY

TIME

9:00 – 10:30 PM

INSTRUCTOR

VARIOUS

*A **\$35.00 registration** fee per participant is due upon registration and will be in effect until May 31, 2009.

At Gym Force we have a continuously open registration. It is our policy to collect first and last month's tuition upon enrollment. We also offer a discount for families who have more than one child in our program.

**PLEASE MAKE CHECKS PAYABLE TO GYM FORCE INC.
THANK YOU!**

Gym Force Athletic Training Center

2860 Industrial Plaza Drive
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