

Saturday, December 29th is Winter Open Class Day!

Please join us for a special day of open classes! This is a regular class day for enrolled students and \$10 per hour for non-members. Guests are welcome at all age appropriate classes, unless otherwise indicated in the descriptions below. ALL CLASSES ARE AT ST. MARK'S GYM – 7 St. Mark's Place in Yonkers, NY.

Guest students: Please plan to pay cash at the door and expect to fill out a waiver form. If someone else will drive your student, please contact us to receive the form in advance: nyascheer@gmail.com

Schedule

TINY TUMBLE 10:30am-11:30am

*Boys and Girls ages 4-5 learn essential skills for gross motor development, coordination and flexibility. Exciting sing and stretch, cardio exercise and introductory gymnastics skills!

OPEN TUMBLE LEVEL ONE 10:30am-11:30am

*Boys and girls ages 6-11 learn introductory stretching, cardio tumbling skills, including forward rolls, handstands, cartwheels, round-offs, backbends and walkovers.

OPEN TUMBLE LEVEL TWO 11:30am-12:30pm

*Cheer team members *and guests ages 8 and up* are welcome. Students will work up to their highest skill level in tumbling and learn drills and strength builders for the next level.

OPEN STUNTING 12:30-2:30pm

*This opportunity is open to those who are currently on our Liberty or Empire cheerleading teams or with special permission. Knowledge of level one stunting is required. We will introduce exciting new skills to help our athletes prepare for the next level.

MUSICAL THEATRE MOVEMENT INTENSIVE 3:00-4:00

*Students ages 6 and up are welcome! We will break into groups by age/ability, learn a number from a musical and have a mock Broadway style audition. Students will gain an idea of how professional auditioning works.

BUSINESS OF THE BIZ 4:00-5:00

*This workshop is for students **and** their parents. It will provide a step-by-step guide for helping your child break into the world of professional show business. We will discuss how to prepare materials, get auditions, book agents as well as some examples of what to expect in an audition. Perfect for beginners and beneficial to seasoned performers as well!

For details and questions please e-mail us at nyascheer@gmail.com.