



DuPage Cheer & Power Tumbling

Class Schedule

for 2021-2022 School Year

August 2- May 28

Classes are 1x a week and we are on a continuous enrollment, monthly billing system with no contract. | Prorate into a class at anytime. | 2021-2022 membership fees due September 1st or entry into school year: \$35/person or \$55/family. | 10% off of 2nd class/same student. | 10% sibling discount. |

Preschool & Kindergarten Classes:

Parent-Tot – (18 mo – 2.75 years) 45 min. \$60/mo

Boys & girls. Parent joins class until little one can handle on their own.

Mon	Tue	Wed	Thur	Fri	Sat
10:00	10:00	10:00	10:00	10:00	8:30

Mighty Tumblers (3's and 4's) 1 hr. \$92/mo

Boys & girls together learning trampoline and floor skills building gross motor skills, coordination, strength.

Mon	Tue	Wed	Thur	Fri	Sat
10:00	10:00	10:00	10:00	10:00	8:30
1:00	1:00	1:00	1:00	1:00	10:40
4:15	5:20	4:15	---	5:20	

Kinder Tumblers (5's and 6's) 1 hr. \$92/mo

Boys & girls together learning trampoline and floor skills building strength and coordination. Must be in kindergarten.

Mon	Tues	Wed	Thur	Fri	Sat
10:00	10:00	10:00	10:00	10:00	8:30
1:00	1:00	1:00	1:00	1:00	11:45
5:20	4:15	5:20	4:15	6:25	

Trampoline Classes: 1st- HS/Girls & Boys

TNT 1 (1st- 4th gr)/beginner) 1 hr class \$92/mo

Tumbling, trampoline and double mini trampoline for boys and girls learning safety & skills for the beginner athlete.

Mon	Tues	Wed	Thur	Fri	Sat
4:15	6:25	4:15	5:20	4:15	9:35

TNT2 (5th gr - HS/intermediate-advanced) 1 hr class \$92/mo

Tumbling, trampoline and double mini trampoline for boys and girls looking to take their TNT skills to the next level.

Mon	Tues	Wed	Thur	Fri	Sat
5:20	7:30	5:20	6:25	5:20	---

Cheer Classes: 4yrs - 11 yrs

Essential cheer skills- jumps, motions, dance, stretch and condition!

Cheer Techniques (8-11 yrs) 1 hour class/\$92/mo

TBD-if interested in starting a class, let us know!

Cheer-TASTIC (4-7 yrs) 1 hour class/\$92/mo

TBD-if interested in starting a class, let us know!

Interested in 3pm classes? We can start most levels at 3pm- call us!

(Cheer) Tumbling Classes: 1st - HS Girls & Boys

Intro to Tumbling – (1st – 5th gr) 1 hr \$92/mo

Introduction to floor skills: handstands, cartwheels, round-offs, the start of the standing BHS. Must be min 1st grade to register.

Mon	Tue	Wed	Thur	Fri	Sat
4:15	4:15	4:15	4:15	4:15	9:35
6:25	5:20	6:25	5:20	5:20	

Intermediate Tumbling (1st – 6th gr) 1 hr \$92/mo

Connecting the RO to BHS, start multiple BHS and standing BHS. Must pass Intro class or eval into this class. Girls and boys.

Mon	Tue	Wed	Thur	Fri	Sat
4:15	4:15	4:15	4:15	4:15	10:40
5:20	5:20	5:20	5:20	6:25	
6:25	6:25	6:25	6:25	---	
7:30	7:30	7:30	7:30	---	

Advanced Tumbling(1st - 6th)1 hr class \$92/mo. Must

have min RO 3 BHS or RO, BHS, TUCK to enter class. Connecting BHS to layouts, start to twist, standing tucks.

Mon	Tues	Wed	Thur	Fri	Sat
6:25	5:20	6:25	5:20	5:20	8:30
7:30			7:30		10:40

Jr. High/High School Cheer Tumbling Class (6th - HS) -1 hr class \$92/mo. Each class is grouped by ability when possible. Students work all tumbling skills.

Students work all tumbling skills.

Mon	Tues	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	8:30
6:25	6:25	6:25	6:25	---	11:45
7:30*	7:30	7:30	7:30		

*Intro Tumbling for HS at 7:30pm on Mondays as well

Arco Tumbling for Dancers: 1st - 8th Gr

AT 1 (1st - 4th gr) beginner skills 1 hr class \$92/mo

Tumbling class designed with the dancer in mind. Build strength in upper body. Learn BHS but also aerials, front/back walkovers & more.

Mon	Tues	Wed	Thur	Fri	Sat
7:30	6:25				1:00 (AT 1 + 2)

AT 2 (5th gr - HS) INT/ADV skills 1 hr class \$90/mo

Wed	Thur	Sat
7:30	6:25	1:00 (AT 1+ 2)

Homeschool - Mondays 12:30pm

Ages 3- 18 taught all in the same class working floor and trampoline skills. 1 hour class. \$70/mo first child, \$10/off/mo for each additional child. CAN START OTHER CLASS TIMES- CALL US!

Private Classes Call to set up a private group class or individual private lesson. Private classes can be scheduled before 3pm weekdays.

Make Up Policy:

We offer 1 make up class per month. Make up classes will be scheduled 1x a month on Saturday afternoons and you need to call to get on the list (no walk-ins). This is for all school-aged children 1st grade - HS. There will be a separate make up for ages 2- Kindergarteners on Saturdays so please specify age when calling to schedule a make up.

HOW DOES IT WORK?

- check out our class schedule and call or email us to register
- we will help you find the class that best fits your child's needs (age group, skill level, goals, etc.)
- first time you register, you will pay the prorated cost of that month and after that, your card will be billed monthly with payment due on the 25th of the prior month (i.e. October's tuition is due September 25th)
- once you are registered, you will continue in the class. It's that easy. No re-registering, no wondering if your child has a spot in class.
- your child will constantly be evaluated to ensure they are in the proper class and if your child is ready to move up, we will let you know.
- every family is required to have a debit/credit card on file but you have the option to pay with cash or check prior to the 25th of the month.
- There is no contract. Wish to drop the class? Just send us an email by the 15th of the prior month letting us know you wish to drop class. Failure to give us written notice by the 15th, you will be charged and therefore, enrolled in upcoming month.
- tuition is budgeted on a 36 week school year from August 19 - May 30 allowing for holidays and time off for families as well as our coaching staff. You do not get charged more for longer months nor do you get charged less for shorter months. Over the school year, the 9 months average 4 classes/month or 36 classes per year minimum (some class days have more classes over the school year but minimum is 36).
- Annual membership fee is due every August/(re)entry into program \$35/student or \$55/family. Membership fee gets you membership rates on camps, clinics and open gyms.

Class Policies:

- 1 make up per month allowed and must be scheduled. (see above)
- We will be as flexible as we can and try to keep up with your schedules by allowing you to switch class days from month to month as long as there is space in the class. If you find you need to find another day that better fits your schedule, give us a call and we will do what we can for you.
- Clean shoes, trampoline shoes, socks, or grippy socks are required for tumbling and trampoline classes (please walk in with different shoes and change once in lobby.) Socks or trampoline shoes must be worn on all trampoline surfaces- no bare feet.
- Dress Code for Classes: leotards, tight fitting tshirts/tank tops, shorts with no buttons, snaps or zippers. Midriff must be covered. Boys must wear shirts. No jewelry. Hair up out of face.
- Please bring your own water bottles. We do not have a water fountain. We do sell water for \$1/bottle.

- Feel free to talk with coaches regarding progress of your child's tumbling skills. We are happy to set up meetings in person or over the phone with your child's coach.
- No refunds. Credit may be given for prolonged injuries with a signed doctor's note.
- \$20 charge for all NSF checks or declined credit/debit cards
- sibling discounts available; 10% off lowest priced class
- 10% off of 2nd class (same student). Tumble 2x a week for faster progress!!!
- for list of days gym will be closed for holidays, please see website

What Else Do We Offer?

- Stunting camps & clinics for recreational and high school teams.
- private tumbling and stunting lessons
- Choreography
- All-star cheer teams for 14 and under
- Competitive Power Tumbling & Trampoline Team
- Special Needs Cheer team
- Birthday parties, including sleepUNDER parties
- Themed day camps during holidays/days off of school
- Summer day camps

Thank you for choosing DuPage Cheer & Power Tumbling. We know you have choices and we appreciate you being here. God Bless!