



DuPage Cheer & Power Tumbling

Class Schedule

for 2019-2020 School Year

August 19 - May 30

Classes are 1x a week. Want to see faster results with your tumbling or trampoline skills? Take class 2x a week and get 25% off! **Don't see a class that works for you? Give us a call! We might be able to create a new class! 630-588-9000**

Preschool & Kindergarten Classes:

Parent-Tot – (18 mo – 2.75 years) 45 min. \$70/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	9:05
1:00	1:00	1:00	1:00	1:00	

Mighty (3-4) & Kinder (5-6) Tumblers 1 hr. \$81/mo

Boys & girls together learning trampoline and floor skills. New evening classes may combine 4-6 year olds as needed.

Mon	Tue	Wed	Thur	Fri	Sat
10:00	10:00	10:00	10:00	10:00	9:05
1:00	1:00	1:00	1:00	1:00	10:10
3:00	3:00	3:00	3:00	3:00	
5:10		5:10	6:15	4:05	

Rising Stars TNT Pre-Team Program

For athletes interested in the competitive track of tumbling, trampoline and double mini but not ready for the full competitive team just yet. For girls and boys ages K - 3rd. By invite or evaluation only. 2 days/week @ \$153/mo + optional team fees if choose to compete in January. Call for more information.

Tuesdays 6:15 - 7:45pm + your choice of either Little Tumbler/TNT/Intermediate Tumbling class

Trampoline Classes: Girls & Boys

TNT Class- (1st - 8th gr) 1.5 hr class \$106/mo

Tumbling AND Trampoline class for boys and girls who love working skills on all trampoline surfaces and tumbling skills on rod floor.

Mon	Tues	Wed	Thur	Fri	Sat
4:30*	4:15	3:00	6:00	3:15*	10:30
7:15				4:15	1:30

* Mon 4:30 is 1.25 hr class @ \$90; ages 5-8 6:00

*Fri 3:15 is 1 hr class @ \$81

Cheer Technique Class- Drills, Skills & Stretch

Wednesdays 5:30 - 6:15pm 45 min class \$35/mo as a 2nd class. For the cheerleader who is looking to go the extra mile and focus on cleaning up their jumps, motions, and stunts while they stretch, condition and strengthen their bodies for their recreational cheer season. 45 minute class fits perfectly as an add on to a 4:15 or 6pm tumbling class. For ages 6-12.

Homeschool Class: Fridays @ 2pm

Boys and girls will be learning floor & trampoline skills together. Ages 3-18. **1 hr class \$56/mo first child. Call for family discounts. Call if you'd like to start a different time!**

Tumbling/Cheer Tumbling Classes: Girls & Boys

Intro to Tumbling – (K – 5th gr) 1 hr \$81/mo

Introduction to floor skills: handstands, cartwheels, round-offs, the start of the standing BHS. See note for HS Intro class***

Mon	Tue	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	9:05
4:05	4:05	4:05	4:05	5:10	10:10
6:15	5:10	6:15	5:10	6:15	
7:20**					

***Monday 7:20pm Intro to Tumbling for Ages 11-18

Intermediate Tumbling (1st – 6th gr) 1.5 hr \$106/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
3:00	3:00	3:00	3:00	3:00	11:15
4:15	4:15	4:15	4:15	4:15	
6:00	6:00	6:00	6:00	6:00	
7:15		7:15			

Advanced Tumbling(all ages)1.5 hr class \$106/mo. Must

have min RO 2 BHS or RO, BHS, TUCK to enter class. Connecting BHS to layouts, start to twist, standing tucks.

Mon	Tues	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	9:00
4:15	6:00	4:15	4:15		
6:00	7:15	6:00	6:00		
7:15		7:15	7:15		

Full & Double Full Class (all ages)1.5 hr class \$86/mo.

Are you ready to learn your full twisting layout and double full? Must have 2 BHS to a layout to register for this class. Invite or eval only.

Wed	Sat
6:00	10:30

Specialty Pass Skills - call for private lessons

aerials, front and back walkovers, BHS stepouts, etc.

Jr. High/High School Cheer Tumbling Class -1.5 hr

class \$106/mo. Each class is grouped by ability when possible. Students work all tumbling skills. Advanced students should register for Advanced classes above. **For Intro HS class, see Monday 7:20pm 1 hour class

Mon	Tues	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	9:00
4:15	6:00	4:15	6:00	--	--
7:15	7:15	7:15	7:15		
7:20 (intro)					

Open Work Outs Friday Nights: 7:30 – 9:00

\$10/\$20 non-mbr. A fully coached version of “open gym”. For ages 1st gr & up. *Open stunting option during last 15 minutes. \$30 annual membership (\$50 for family) gets you the \$10 member rate. Waiver must be on file and updated every school year.*

Registration Information:

Our classes run on a continuous enrollment, monthly billing system with no contract.

Continuous enrollment is more inline with our philosophy that year round consistent training makes for better progress. By doing this we are able to provide the opportunity for smaller monthly payments, eliminate the hassle of reregistering every 10 weeks and ensure your child never loses their class spot.

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) EXCEPTION: August & September are billed together.
- 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 \$30/student or \$50/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. Intermediate, advanced, TNT and JH/HS classes do make ups during our open work outs on Fridays (this is coached). Little tumblers and Intro classes can schedule make ups in other LT or Intro classes as space is available.
- 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; 20% off lowest priced class
- 25% 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 stunting lessons
- private lessons for speciality skills: aerials, front and back walkovers, back handspring step outs, etc.
- Choreography
- All-star cheer teams for all ages
- Competitive Power Tumbling & Trampoline Team
- Special Needs Cheer team
- The best birthday parties ever including including sleepUNDER parties
- Themed day camps during holidays/days off of school
- Summer day camps
- The original Summer FlexPass for flexible summer tumbling so you can keep tumbling all summer long but when you want, as often as you want with the same structured classes and professional coaching staff.

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