



# DuPage Cheer & Power Tumbling

## Class Schedule

### for 2020-2021 School Year

#### August 17- May 29

Classes are 1x a week and we are on a continuous enrollment, monthly billing system with no contract. | **Prorate into a class at anytime.** | 2020-2021 membership fees due September 1st/upon entry into program: \$35/person or \$55/family | 20% off of 2nd class/same student. | 20% sibling discount. | Don't see a class that fits your schedule? Give us a call-we might be able to create a class!

### 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	8:15
1:00	1:00	1:00	1:00	1:00	

#### Mighty (3-4) & Kinder (5-6) Tumblers 1 hr. \$90/mo

Boys & girls together learning trampoline and floor skills. All day kindergarten option? See TNT 1 classes below.

Mon	Tue	Wed	Thur	Fri	Sat
10:00	10:00	10:00	10:00	10:00	9:00
1:00	1:00	1:00	1:00	1:00	10:15
3:00	3:00	3:00	3:00	3:00	11:30
					5:30-NEW

### Trampoline Classes: Girls & Boys

#### TNT1 (K-4th grade/beginner) 1 hr. \$90/mo

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

Mon	Tues	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	10:30
4:15	5:30	4:15	5:30	4:15	

#### TNT2 (5th gr- HS/intermediate - advanced) 1 hr. \$90/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
5:30	8:00	8:00	6:45	5:30	1:00

### Cheer Technique & Boot Camp Classes:

Cheer skills: jumps, motions, dance, flyer body positions and stretches, base lifting technique, conditioning, and synchronized tumbling. Cheer Tech is for our 1-5th graders and Boot Camp is a more advanced version for 6th gr- HS students. 1 hr \$90/mo or 20% off as 2nd class.

Thur	Sat
4:15 (BC)	1:00 (CT)

### Homeschool Class: TBD

Designed for the pre-COVID homeschooled family. Boys and girls will be learning beginner floor & trampoline skills together. Ages 3-18. Mondays or Fridays, 2-3pm. Call for special pricing.

### Tumbling Classes: For Cheer & Non-Cheer/Girls & Boys

#### Intro to Tumbling – (K – 5<sup>th</sup> gr) 1 hr \$90/mo

Introduction to floor skills: back handstands, cartwheels, round-offs/rebounds, and the start of the standing BHS.

Mon	Tue	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	10:15
---	4:15	4:15	4:15	4:15	
5:30	5:30	5:30	5:30	5:30	

#### Intermediate Tumbling (1<sup>st</sup> – 6<sup>th</sup> gr) 1 hr \$90/mo

Connecting the RO to BHS, start multiple BHS and standing BHS.

**Must pass Intro class or eval into this class.**

Mon	Tue	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	9:00-NEW!
4:15	4:15	4:15	4:15	4:15	11:45
5:30	5:30	5:30	5:30	5:30	
6:45	6:45	6:45	6:45	---	

#### Advanced Tumbling(4th- 6th) 1 hr \$90/mo. Must have min RO 3 BHS or RO, BHS, TUCK to enter class. Connecting BHS to layouts, start to twist, standing tucks. **Must pass Int. class or eval.**

Mon	Tues	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	9:00
4:15	4:15	4:15	4:15	4:15	1:00- NEW!
5:30	5:30	5:30	5:30	5:30	
6:45	6:45	6:45	6:45	---	

#### Jr. High/High School Cheer Tumbling -1 hr class

**\$90/mo.** Each class is grouped by ability when possible. Students work all tumbling skills.

Mon	Tues	Wed	Thur	Fri	Sat
3:00	3:00	3:00	3:00	3:00	9:00
4:15*	4:15	4:15	---	4:15	1:00
5:30	---	---	5:30	---	
6:45	6:45	6:45	6:45	---	
8:00	8:00	8:00	8:00	---	

\*Monday 4:15 is an Intro Tumbling class for Jr High/HS

**Are you doing e-learning? We can start classes during the day if you want to come earlier. Give us a call and let's create a class when it's quiet!**

**Private or Semi-Private lessons- call more more information.**

## Registration & Gym Policies:

- 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.
- All classes are 1x/week. Want to see faster results? Take 2x a week and receive 20% off 2nd class!!!
- **COVID POLICIES STILL IN PLACE:** Each class is 1 hour to ensure proper numbers in the gym at all times and there will be 15 minutes between each class for staff to clean and disinfect the mats and equipment. We still encourage drop off and pick up only and we will continue to have a bare lobby to use as a holding area for students before they come into the gym. Students must bring their own hand sanitizer and use when they come in the gym door OR they can choose to wash their hands in the bathroom. Coaches will wear masks when they are spotting or within 6 feet of athletes and all staff, parents and students will practice social distancing when in the lobby and in the gym.
- To register for a class, check out our class schedule online or give us a call. You can prorate in at anytime.
- We will help you find the class that best fits your child's needs (age group, skill level, goals, etc.) so we do not use online-registration.
- 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 for the school year. 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 (drop request must be in writing). Failure to give us written notice by the 15th, you are responsible for the next month's tuition and will be charged and therefore, enrolled in upcoming month.
- Tuition is budgeted with an average of 4 classes/month. You do not get charged more for longer months nor do you get charged less for shorter months. We do not prorate for holidays or gym closings as these days have already been taken into consideration for tuition.
- There are NO REFUNDS or credits for missed classes or dropping your class mid-month. If you are injured, we will give injury credit for prolonged injuries with a doctor's note.
- For currently enrolled students, 1 make up class per month allowed and must be scheduled through the front desk to ensure space is available. Make ups can be made up in a different month as long as the student is registered for that month. If you drop your class and you didn't schedule a make up class before the end of the month, you forfeit your make up class/no credits or refunds.
- 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, including watches. 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.
- Annual membership fee is due every September/(re)entry into program \$35/student or \$55/family. Membership fee gets you membership rates on camps, clinics and open work outs.
- \$20 charge for all NSF checks or declined credit/debit cards
- Sibling discounts available; 20% off lowest priced class
- 20% 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 at [www.dupagetumbling.com](http://www.dupagetumbling.com)

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