

Gravity Cheer
1160 Lincoln Avenue
Holbrook, NY 11741

631-676-2041



September – December 2019

8 week session Updated June 21, 2019

Monday	Monday	Monday	Monday	Tuesday	Tuesday	Tuesday	Tuesday	Wednesday	Wednesday	Wednesday	Wednesday	Thursday	Thursday	Thursday	Thursday
	4:00-5:00 Selden MS	5:30-6:30 STARBURSTS	5:15-6:00 Lil Stars	5:00-6:00 Level II-III	5:00-6:00 STARBURSTS	5:45-6:30 Pre I	5:00-6:00 VELOCITY Starts January	4:30-5:30 Level III Tumble	3:00-4:00 Newfield V	5:00-6:00 VELOCITY Starts January		5:45-6:45 Level II	5:15-6:45 ASTEROIDS	5:30-6:30 Level I Tumble	5:45-6:45 TINYNS October start
6:30-7:30 Level III	5:00-6:00 Level V	5:00-6:00 Pre II	6:00-7:00 Level I Tumble	6:00-7:30 ORBITS	6:00-7:00 Level I	6:00-7:00 Level II Tumble	6:00-6:45 FJC	5:30-6:30 LEVEL III	6:45-8:00 NOVA Starts November	6:00-7:00 Level II Tumble	6:30-7:30 Level I	5:30-6:30 Level III/IV Tumble	6:45-8:00 ORBITS	6:45-7:45 Level I Tumble	5:45-6:30 FJC
7:30-8:30 Level IV	6:00-7:30 INTENSITY	6:30-7:30 Level II Tumble	6:30-7:15 FJC	7:30-9:00 METEORS	6:30-7:30 Level I	6:30-7:30 Level III Tumble	6:45-7:30 FJC	7:00-8:00 Level V Tumble	5:30-6:45 ASTEROIDS	6:00-7:00 Centereach V	6:15-7:00 FJC	6:30-8:00 INTENSITY			6:30-7:15 Pre Level I
7:30-9:30 Eclipse*	7:30-9:00 ENERGY	7:30-8:15 FLIP & TRICK Ninja Courses	6:45-7:30 FJC	7:30-8:45 ATMOSPHERE Starts November	8:00-9:00 Level IB BHS class for HS athletes	7:00-8:00 Newfield JV	7:30-8:15 FJC	8:00-9:15 ENERGY	7:00-8:00 Level II		7:00-7:45 FJC	8:00-9:00 Level IV tumble			7:15-8:00 FJC
		7:30-8:45 NOVA Starts November	7:30-8:15 FJC					8-9:15 ATMOSPHERE Starts November	6:45-8:00 METEORS	8-9:30 ECLIPSE	8:00-8:45 FJC				8:00-8:45 FJC

Beginner Tumbling:	Pre I	Working on all skills up to the BHS including the back hand spring – focus on hand stands, cartwheels, walkovers	45 minute class	\$100
The Back Hand Spring Class:	Level I	Working on all skills up to the BHS including the BHS – focus on connecting walkovers and cartwheels to back hand springs (ages 5-12)	1 hour class	\$150
The Back Hand Spring Class:	Level I	Working on all skills up to the BHS including the back hand spring – focus on tumbling for HS cheerleaders (ages 12-18)	1 hour class	\$150
BHS connections	Pre II	Have the back hand spring, but not ready to cross tumble yet? Keep working the BHS & connecting them to other skills	1 hour class	\$150
Learning to Cross Tumble:	Level II	Working on connecting multiple back hand springs, round off hand springs and other level 2 specialty passes	1 hour class	\$150
The Back Tuck Class:	Level III	Must have three consecutive back handsprings to attend this class – focus on back tucks (standing and running)	1 hour class	\$150
The Lay Out:	Level IV	Must have a round off and spring tuck to attend this class – focus on hollow body and layout as well as the front tuck	1 hour	\$150
The Full:	Level V	Must have a solid layout and standing tuck to attend this class – focus on twisting skills including Arabians & doubles – will also work whips	1 hour	\$150
Flip & Trick		For energetic athletes ages 5-10 that want to jump on tumble track, climb rope, run up walls, and flip on mats Cost is \$75 for 8 classes – there are no make ups for missed classes and price cannot be prorated.	45 minutes	\$75
Flexibility Jump Conditioning:	FJC	Jumps and jump drills, various stretching and flexibility drills, conditioning using weights and body weight EXCELLENT class for every athlete	45 minutes	\$80
Flexibility Jump Conditioning:	FJCB	Jumps and jump drills, various stretching and flexibility drills, conditioning using body weight (ages 5-8 ONLY)	30 minutes	\$70
Lil Stars		This is the same as a pre level I class except it includes about 15 minutes of “cheerleading” stunts/jumps/motions	45 minutes	\$100

Second class (same athlete) in the same session is 50% off

Sibling Discount for classes only: For classes over \$150, second child is 50% off. For classes less than \$150, the discount is 10% off sibling.