

**Gravity Cheer**  
**1160 Lincoln Avenue**  
**Holbrook, NY 11741**

**631-676-2041**



**July 8th – August 29th 2019**

8 week session UPDATED June 12, 2019

Monday	Monday	Monday	Monday	Tuesday	Tuesday	Tuesday	Wednesday	Wednesday	Wednesday	Thursday	Thursday	Thursday	Thursday
		5:15-6:00 Lil Stars		5:00-6:00 El Youth 6	5:00-6:00 STARBURSTS	5:45-6:30 Pre I	5:45-6:30 FIC	4:30-5:30 Level III Tumble	5:15-6:30 ASTEROIDS	5:30-6:30 Level II Tumble		5:15-6:30 ASTEROIDS	5:30-6:30 Level I Tumble
5:00-6:00 Level IV	5:00-6:00 STARBURSTS	5:00-6:00 Pre II		6:00-7:15 ORBITS	6:00-6:15 JUMP	5:30-6:30 Level II Tumble	6:30-7:15 FIC	5:30-6:30 LEVEL III	5:15-6:30 ASTEROIDS	6:30-7:30 Level I		6:30-6:45 JUMP	6:30-7:30 Level II Tumble
6:00-7:00 Level III	6:00-7:15 INTENSITY	6:00-7:00 Level I Tumble		7:15-7:30 JUMP	6:30-7:30 Level I	6:30-7:30 Level III Tumble	7:30-8:15 FIC	7:00-8:00 Level V Tumble	6:30-6:45 JUMP	7:30-8:30 East Islip Youth 8		6:45-8:00 ONRITS	7:30-8:30 Level I Tumble
7:00-8:00 Level V	7:15-7:30 JUMP	6:30-7:30 Level II Tumble		7:30-8:45 METEORS	7:30-8:30 Level I BHS class for athletes ages 12+	7:45-8:45 East Islip Youth 10	5:45-6:45 SSC 11	8:00-9:30 Eclipse	6:45-8:00 METEORS	8:00-9:00 FIC		8:00-8:45 FIC	8:00-9:00 Level IV tumble
8:00-10:00 Eclipse	7:30-9:00 ENERGY	7:30-8:15 FLIP & TRICK Ninja Courses					6:45-7:45 SSC 9	7:45-8:45 SSC 9 Gym Rental	8:00-9:15 ENERGY				8:00-8:45 FIC

**Beginner Tumbling:** Pre I Working on all skills up to the BHS including the back hand spring – focus on hand stands, cartwheels, walkovers  
**The Back Hand Spring Class:** Level IA Working on all skills up to the BHS including the back hand spring – focus on tumbling for HS cheerleaders (ages 12-18)  
**The Back Hand Spring Class:** Level IB Working on all skills up to the BHS including the back hand spring – focus on tumbling for HS cheerleaders (ages 12-18)  
**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  
**Learning to Cross Tumble:** Level II Working on connecting multiple back hand springs, round off hand springs and other level 2 specialty passes  
**The Back Tuck Class:** Level III Must have three consecutive back handsprings to attend this class – focus on back tucks (standing and running)  
**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  
**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  
**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.**

**Flexibility Jump Conditioning:** FJC  
**Flexibility Jump Conditioning:** FJCB  
**Lil Stars**

**45 minute class \$100**  
**1 hour class \$150**  
**1 hour class \$150**  
**1 hour class \$150**  
**1 hour class \$150**  
**1 hour class \$150**  
**1 hour class \$150**  
**45 minutes \$75**

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.