

Gravity Cheer
1160 Lincoln Avenue
Holbrook, NY 11741



March April 2020

8 week session: March 2-April 24
 We are NOT closed at ALL
 Updated Feb 14, 2020

Monday	Monday	Monday	Tuesday	Tuesday	Tuesday	Wednesday	Wednesday	Wednesday	Thursday	Thursday	Thursday		Saturday	Saturday
5:00-6:00 X-Tumbling MIXED levels Level II-IV	5:00-6:00 Comsewogue	5:15-6:00 Lil Stars AGES: 3-5	5:30-6:30 Back Tucks for HS Athletes	6:00-7:00 Level II	5:45-6:30 Pre Level I AGES: 5 - 8	4:30-5:30 Level III	5:15-6:00 Flip & Trick AGES: 6-9	4:00-5:00 Dawnwood	4:45-5:45 Level III-IV	5:30-6:30 El Youth 6	5:15-6:00 Lil Stars AGES: 3-5		10:00-11:00 Bellport Youth Tumble 7 weeks	
6:30-7:30 Connecting BHS Level II		6:00-7:00 Level I AGES: 5-9	6:30-7:30 Level III-IV	7:00-8:00 BHS for HS Athletes	6:30-7:30 Level I AGES: 6-9	5:30-6:30 Level III	6:00-7:00 Level I	7:00-8:00 Level II AGES: 12+	6:45-7:45 Level I	6:45-7:45 Level II	6:00-6:45 Pre Level I AGES: 5 - 8			
6:30-7:30 SSC 5 STUNT		7:00-8:00 PJV	7:30-8:15 Flip & Trick AGES: 8-10	8:15-9:00 AGILITY AGES 10+	5:15-6:00 FJC AGES: 8-12	7:00-8:00 Level IV - VI	5:00-6:00 VELOCITY	8:00-8:45 TTT Level III +	8:00-9:00 Level IV-V		5:45-6:30 FJC AGES:12 +			
6:00-7:15 GALAXY	5:30-6:30 STARBURSTS	6:00-6:45 FJC AGES: 5-8	6:00-7:30 ORBITS	6:00-7:00 7:00-8:00 El 8 then 10	6:00-6:45 FJC AGES: 5-8	5:30-6:45 ASTEROIDS	6:45-8:00 METEORS	6:00-6:45 FJC AGES:5-8	6:30-7:30 SSC 9 STUNT	5:15-6:45 ASTEROIDS	6:30-7:15 FJC AGES: 10-14			
7:30-8:45 NOVA	6:00-7:30 INTENSITY	6:45-7:30 FJC AGES: 12+	7:30-8:45 METEORS	5:00-6:00 VELOCITY	6:45-7:30 FJC AGES: 10-14	6:45-8:00 NOVA	8:00-9:15 ATMOSPHERE	6:45-7:30 FJC AGES: 8-12	5:45-6:45 TINYS	6:45-8:00 ORBITS				
7:30-9:00 ECLIPSE	7:30-9:00 ENERGY	7:30-8:15 FJC AGES:10-14	7:30-8:45 ATMOSPHERE	5:00-6:00 STARBURSTS	7:30-8:15 FJC AGES:10-14	8:00-9:15 ENERGY	8-9:30 ECLIPSE	8:00-8:45 FJC AGES:8-12	6:30-8:00 INTENSITY	7:45-9:00 GALAXY				

Beginner Tumbling: Pre I Working on all skills up to the BHS including the back hand spring – focus on hand stands, cartwheels, walkovers (typically ages 5-8) 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 (typically ages 5-10) 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 that want to jump on tumble track, climb rope, run up walls, and flip on mats 45 minutes \$100
 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 \$90
 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
 NEW CLASSES: 1) Tumble Track Tumble 2) BHS Class for HS Athletes 3) Back Tuck Class for HS Athletes 4) AGILITY for all Athletes See Reverse Side

TEAM Our teams, Tinys, Nova, Velocity, Asteroids, Starbursts, Atmosphere, Galaxy, Meteors, Intensity, Energy, Eclipse, Orbits are PRIVATE teams
 Evaluations are done – Any questions regarding team, please email gravitycheer1@aol.com

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.
 Prices reflect an 8 week session. All make ups must be made within the session. Prices will NOT be prorated.

CLASS TITLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<i>Pre Level I</i>		5:45		6:00	
<i>Level I</i>	6:00	6:30	6:00	6:45	
<i>Level II</i>	6:30	6:00	7:00	6:45	
<i>Level III</i>	5:00	6:30	4:30, 5:30	4:45	
<i>Level IV-VI</i>	5:00	6:30	7:00	4:45, 8:00	
<i>Flip & Trick/Ninja</i>		7:30	5:15		
<i>Lil' Stars</i>	5:15			5:15	
<i>FJC</i>	6:00, 6:45, 7:30	5:15, 6:00, 6:45, 7:30	6:00, 6:45, 8:00	5:45, 6:30	
<i>Tumble Track Tumbling</i>			8:00		
<i>BHS for HS Athletes</i>		7:00			
<i>Back Tuck Class for HS Athletes</i>		5:30			
<i>Full Class for HS Athletes</i>		8:30			
<i>Agility for ALL Athletes</i>		8:15			

Notes regarding Dates:

Comsewogue:
March 2,9,16,23,30
April 13, 20

SSC 5:
March 2,9,16,23,30
April 13, 20

EI 8 & 10:
March 3,10,17,24,31
April 14,21

Dawnwood MS:
March 4,11,18,25
April 1, 15, 22, 29

EI 6:
March 5,12,19,26
April 2,16,23

Tiny's:
March 5, 12, 19

SSC 9:
March 5,12,19,26
April 2,16,23

Bellport:
March 7, 14, 21, 28
April 4,18,25

Agility for all athletes:

A 45 minute class where athletes from any sport will warm up differently than our cheer/tumble classes and then they will work drills to help them move quicker and faster. Ladder Drills, High Knees, Lateral Quick Steps, Box Jumps & Plyometric Jumping Exercises, Direction Change, Foot Work, Cone Work, Dot Drills . \$100 for 8 classes

Back Tuck for HS athletes:

Are you on JV or Varsity cheer? Have our back hand spring and want your tuck? This one hour class will work hand springs, tucks, and progression drills to master your tuck. Strength & flexibility training as well as jump drills will also be incorporated into this class. \$150 for 8 classes

BHS Class for HS athletes:

Are you on JV or Varsity cheer? Do you need to work your Back Hand Spring? This one hour class will work hand springs and progression drills to help master your BHS. Strength & flexibility training as well as jump drills will also be incorporated into this class. \$150 for 8 classes

X-Tumbling for HS athletes:

Are you on JV or Varsity cheer? Do you have a round off back hand spring? This one hour class will incorporate line drills and x tumbling to help clean up your current tumbling skills and to help strengthen your skills to better reach the next level. Strength & flexibility training as well as jump drills will also be incorporated into this class. \$150 for 8 classes

Tumble Track Tumbling:

This 45minute class will mostly take place on the tumble track. All participants must have round off two back hand springs. We will work on tumbling OFF the tumble track working tucks, layouts, and fulls. \$100 for 8 classes

Flip & Trick:

For energetic athletes that want to jump on tumble track, climb rope, run up walls, and flip on mats- We are purchasing more ninja mats for January! 45 minute class. \$100 for 8 classes

Level II-VI Tumbling Classes:

All Level 2 through 6 tumbling classes take a lot of time to continue working basic tumbling skills such as hand stands and walkovers. Technique and proper progressions are drilled.

SOME classes have age restrictions. Please take note of ages before registering for classes.

SCHOOL TEAMS: If you get 4+ athletes from ONE school team to join a "HS" class, you will all receive 20% off the class