



# PREMIER

CHEER ELITE

RECREATION  
TUMBLING CLASSES

2025





## WHO ARE WE?

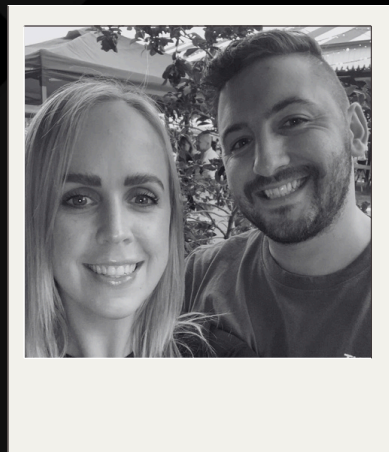
We opened Premier Cheer Elite in 2023 with the vision of creating a safe, supportive environment where athletes can thrive both physically and mentally. Our passion is to share our expertise while helping athletes grow, not just in skill but in confidence, discipline, and resilience. Cheerleading instills values and life skills that last a lifetime, and the connections made within the team go beyond friendship, they become family. We believe in building not just strong athletes, but a close-knit cheer family that supports one another every step of the way!

### Background:

- Gymnastics
- Power Tumbling
- Trampolining
- Cheer
- Partner Stunting

### Qualifications:

- Rhi Diploma in Early Childhood Education
- Cheer and Tumble Credentials Level 6
- First Aid



### Achievements:

- Multiple National and Grand Champion Titles
- World Cheerleading Championships x5
- Gen Next Down Under tumble coach (selected to work with the top 50 tumblers in Australia)
- Combined 20yrs+ coaching experience

*Coach Rhi & Kurt*



## TUMBLING PROGRAM



In our tumbling program, we've implemented a carefully designed color system to aid our athletes in skill progression and safety awareness.

Each color corresponds to a specific skill level, allowing us to track and support their development effectively. Beginners start with the color red, symbolizing their initial stages of learning foundational techniques.

As they advance, they move on to aqua, yellow, lilac and pink, indicating increased proficiency in level 1 tumbling skills. The journey continues through 5 colours for each level all the way up to mastery of advanced and intricate level 6 tumbling elements.



This color-coded system not only motivates our athletes but also helps our coaches tailor their guidance and spotlights areas for improvement, ensuring a safe and progressive tumbling experience for all participants.

In these programs, athletes will learn skills such as rolls, handstands, cartwheels, walkovers, right up to back handsprings and more advanced skills and will receive a certificate when they move up levels.



## 2025 TERM DATES

<b>Term 1: 10 weeks</b>	Monday 3rd February to Sunday 13th April
<b>Term 2: 10 weeks</b>	Monday 28th April to Sunday 6th July <b>CLOSED Monday 9th June King's Birthday</b>
<b>Term 3: 10 weeks</b>	Monday 21st July to Sunday 28th September
<b>Term 4: 8 weeks</b>	Monday 13th October to Sunday 14th December <b>CLOSED Wednesday 19th-Tuesday 25th November due to being in Melbourne for a cheer comp</b>

## Tumbling Class Pricing

<b>1x 45min class</b>	<b>\$17.50 per class</b>
<b>2x 45min classes</b>	<b>\$33 for two classes</b>
<b>REGISTRATION</b>	<b>\$66 (due on enrollment) includes club tshirt</b>





## TIMETABLE

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
4-445pm Beginner Tumble	4-445pm Beginner Tumble	4-445pm Walkover Class	9-945am Tiny Tumble
630-715pm Walkover Class	615-7pm Handspring Class		

### NEW IN 2025\*

Tumbling Classes are now in skill level with the exception of Tiny Tumble 3-4yrs.

Beginner Tumble 5yrs+ (Red and Aqua)

Walkovers 5yrs+ (Yellow, Lilac and Pink)

Handsprings 5yrs+ (Green and above)

If you are unsure on the most suitable class please email us.

Our classes are currently not open for viewing. We strongly believe in the philosophy that children attending our classes independently play a crucial role in cultivating their sense of agency and nurturing emerging responsibility for their own learning journey. By creating an environment where children actively participate on their own accord, we aim to empower them to take ownership of their learning experiences, fostering not only physical skills but also instilling a sense of autonomy and self-motivation.



## FINANCIAL TERMS

Payments are non-refundable and not credited if an athlete is absent due to illness, holidays, or other commitments. If an athlete is out for longer than 2 weeks due to injury, then a doctor's certificate must be supplied, and the account may be credited pending approval.

Late payments are not acceptable and will result in your child not being able to participate in class. Prices include 10% GST. Processing fees will apply to all payments.

All families must either pay for the term upfront or enrol in Ezi-debit for the year. There is no postponing of payments allowed. If a payment is unsuccessful it must be paid before your child's next class.

## TRAINING ATTIRE

Bike shorts and Crop Top is preferred as this makes it easier for our coaches to correct technique. Please be aware that tumbling involves going upside down so no skirts, dresses or baggy t-shirts are appropriate.

Bare feet for tumbling.

Hair must be tied up neatly and off the face.

All jewelry/watches must be removed. Small stud earrings/sleepers are allowed.



## COMMUNICATION

### **Who to contact:**

If you need to clarify any information or have any questions please feel free to contact us via email: [admin@premiercheerelite.com.au](mailto:admin@premiercheerelite.com.au)  
Please do not approach staff during training times as we do have back to back classes.

### **Location:**

Unit 11, 103 Stenhouse Drive, Cameron Park, NSW 2285

### **SOCIAL MEDIA**

**Please do not message staff on social media. Email is the best way to contact us.**

### **Questions/Concerns:**

We encourage parents and athletes to please reach out to us if there are any concerns. We are here to help and are happy to arrange a meeting to discuss any issues.

### **Parent Code of Conduct:**

- Parents must show support for all athletes
- Speak positively about your coaches as this impacts your athletes in the gym
- Encourage your athlete to work through their struggles
- Ask questions instead of giving opinions or engaging in negative carpark gossip
- Be a positive influence



## WHATS NEXT?

### How to secure a spot in our tumble classes for 2025

**\*Please note that our tumble classes are very popular and always book out very quickly! First in best dressed so please book in asap to avoid disappointment. Our tumble coaches are some of the best in the country and are very sought after!**

1. Download the "Dance Studio Pro-Portal" app for [IPHONE](#) or [ANDROID](#)
2. Create an account.
3. Click on "More" in bottom right corner.
4. Click 'Register for classes'
5. Select tab "Recreation Tumbling 2025"
6. Tick the checkbox for which classes you wish to enrol in.
7. Scroll to bottom and click "SUBMIT"
8. Agree to all Waivers.
9. Pay registration fee.
10. You will receive an email from us to fill out the direct debit form. (All athletes will go onto our weekly direct debit system which will be debited every Monday during school terms unless you wish to pay upfront please send us an email)



## Congratulations and welcome to PCE!