

Hollywood

CHEER & TUMBLE

12345 Old Meridian Suite 100

Carmel, In 46032

317-818-8480



TUMBLE SCHEDULE

MONDAY

5-5:45 TINY TUMBLERS-Natoshia

*5-6 LEVEL 2-Branden

6-7 HSE-Pat

6-7 LITTLE TUMBLERS-Natoshia

6-7 LEVEL 3-Branden

7-8 FLIGHT AND STRETCH-Adriana

7-8 LEVEL 2-Tony

7-8 LEVEL 3-Branden

8-9 LEVEL 4-Tony

TUESDAY

EXPRESSIONS DANCE-Pat

5-6 LEVEL 1-Natoshia

6-7 LEVEL 2-Natoshia

7-8 LEVEL 2-Tony

WEDNESDAY

5-6 CHEER PREP- Ellie

5-6-LEVEL 1/2-Branden

5-6 LEVEL 3-Pat

6-7 LEVEL 2-Pat

6-7 LEVEL 1/2-Branden

*8-9-LEVEL 5-Pat

THURSDAY

*5-6:30 Hip Hop-Branden

6-7 CARMEL JV-Pat

6-7 CLOVERDALE-Tony

8-9-LEVEL 5-Pat

SATURDAY OPEN GYM (\$10)

*NEW CLASSES

PROGRAM POLICIES

*Registration form has to be completed to participate in any class or open gym

TRIAL LESSONS: \$10 and need to be scheduled with the front desk so we can put you in the proper class (one time only)

REGISTRATION FEE: \$40 per athlete OR \$50 per Family

TUITION: \$70 monthly—Classes are ongoing and meet once a week for 4 weeks (30 day DROP notice)

OPEN GYM: \$10 Cash Only (Saturdays 12-2)

PRIVATE LESSONS: \$35 for 30 min. These are scheduled individually with the coaches. If you are NOT a Hollywood member a \$50 registration fee to the gym is due before private lessons can begin.

COMPETITIVE ALL STAR TEAMS: Please email hollywoodnorthcheer@gmail.com for more information!

CLASS DESCRIPTIONS

Tiny Tumblers (ages 4 and 6)-45 min-Building strength flexibility skills, working on coordination and basic tumble skills such as forward/backward rolls, handstands, cartwheels

Little Tumblers (ages 6-8)- 60 min-Building strength flexibility skills, working on coordination and basic tumble skills such as forward/backward rolls, handstands, cartwheels

Cheer Prep (ages 6-18) - 60 min-Teaches cheer basic skills such as motions and jumps. New cheers, chants, and game day material will be introduced.

Level 1- (Ages 6 and up)-60 min-basic tumbling; forward roll, handstand, back bend, cartwheel, round off, front/back walkover

Level 2- (Ages 6 and up)-60 min class-Mastering Level 1 skills; back handspring, round off back handspring

Level 3- (Ages 6 and up)-60 min class-Mastering Level 2 skills; back tuck, round off back handspring back tuck

Level 4-(Ages 6 and up)-60 min class-Mastering Level 3 skills; standing handspring tuck, layout, front tumbling through combo passes, whips

Level 5- (Ages 6 and up)-60 min class-Mastering Level 4 skills; standing tuck and twisting skills