

# Hollywood

## CHEER & TUMBLE

12345 Old Meridian Suite 100

Carmel, In 46032

317-818-8480



### TUMBLE SCHEDULE

#### MONDAY

5-6 LEVEL 1-Jasson

6-6:45 LITTLE TUMBLERS-David

6-7 LEVEL 3-Jasson

7-8 Carmel Comp-Pat

7-8 LEVEL 2/3-Jasson

8-9 LEVEL 4-Jasson

#### TUESDAY

*Butler University Cheer*

#### WEDNESDAY

5-6-LEVEL 1-Will

5-6 LEVEL 3-Pat

6-7 LEVEL 2-Jasson

6-7 LEVEL 1-David

#### THURSDAY

6-7 CARMEL JV-Pat

8-9-LEVEL 5-Pat & Jasson

**SATURDAY OPEN GYM (\$10) 12-2**

### 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](mailto:hollywoodnorthcheer@gmail.com) for more information!

### CLASS DESCRIPTIONS

Tiny Tumblers (ages 4 and 6)-30 min-Building strength flexibility skills, working on coordination and basic tumble skills such as forward/backward rolls, handstands, cartwheels

Little Tumblers (ages 6-8)- 45 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