

PYRAMIDS CHEER GYM

2060 COMMERCE AVE, CONCORD, CA 94520 TEL: 925-685-3910 FAX: 925-685-8899 WWW.CHEERGYMS.COM

March, April & May 2008 Schedule

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
C L A S S E S	Privates 3:30-7:30 pm	Privates 3:30-7:30 pm	Privates 3:30-7:30 pm	Privates 3:30-7:30 pm	Privates 3:30-7:30 pm	Gym Available for Rent! Call for details!	All-American All Stars 9:00 am – 1:00 pm (alternating Sundays)
	Youth All Stars 5:30-7:00pm	Beg Flyers Class 5:30-6:30pm (5 classes only)*	Junior All-Stars 4:30-7:00pm	Youth All Stars 4:30-6:00pm	Off Season All Stars 5:30-7:00pm		
	Cheer Technique 6:00-7:00pm	Tumbling Level 1/2 6:30-7:30pm	Senior All-Stars 7:00 – 9:30 pm	Off Season All Stars 5:30-7:00pm	Open Gym 7:00-8:30pm		Junior All-Stars 4:30-7:00pm
	Tumbling Level 1/2 7:00-8:00pm	Tumbling Level 1/2 7:30-8:30pm		Tumbling Level 1/2 5:00-6:00pm			Senior All-Stars 7:00-9:30pm
	Tumbling Level 3/4 8:00-9:00pm	*Flyers class limited to only 15 students		Tumbling Level 3/4 6:00-7:00pm	AA Practice 7:00-9:30pm		
Fri. April 11 FREE All-Star Cheer Clinic! 6:30 – 8:30 pm!							

CLASS DESCRIPTIONS

TUMBLING LEVEL 1/2: Basic tumbling skills through the learning of a back handspring. Great for beginning tumblers and those who need to improve on their strength and tumbling technique.

BEGINNING FLYING: This class is open to any girl who is interested in improving their flying skills. Girls will learn USASF guidelines for Level 1 – 5 stunts and basket tosses. Class will be divided according to skill.
LIMIT OF 15 GIRLS (SEASONAL CLASS)

TUMBLING LEVEL 3/4: A great class for those tumblers who want to move on from the back handspring to back tucks. Must pass a test of basic skills including a good back handspring to move to this class.

OPEN GYM: An unstructured class for individuals to work on skills on their own. Semi-supervised, individuals can use this to make up a missed tumbling class during the week (Missed All Star Tumbling NOT included!!)

TUMBLING LEVEL 5: This is for the advanced tumbler who wants to improve on their technique and skills. Must pass a test of intermediate skills including a good layout and standing back tuck to move to this class.

OFF-SEASON ALL-STARS: These squads sign up in October and practice from December – March. Great for someone who wants to get a taste of All-Star cheerleading without the year long commitment or expense!
No Cheer Experience Required!

CHEER TECHNIQUE: Work on perfecting the basic cheerleading skills: motions and jumps. This is for beginners through advanced.

ALL-STARS: A program for competitive cheerleaders. Sign-up in April. Practices start in May and November. Please ask for more information.
No Cheer Experience Required!

PYRAMIDS All-Star Info and Sign ups

4/15 or 4/17 - Information Meetings at Pyramids in Concord 7:00 –9:00 pm.

4/19 – Sign-ups and Evaluations at Pyramids in Concord. Call 925-685-3910 to choose a sign up time.

Evaluations are FREE!

SIGN UP FAST!!

You must re-sign up for classes each month

Class minimum is 5 students. All classes are limited to 10 students per instructor. Payment MUST be received to save a spot in the class. Sign Up Now – DON'T MISS OUT!!!

LEVEL 5 CHEERLEADERS!!

The Cheergyms.com All-American Team wants YOU!

4/1 Info Meeting at Pyramids in Concord 7 pm
4/2 Info Meeting at Athletic Perf. In Tracy 7 pm
4/3 Info Meeting at Motions in San Jose 7 pm
4/5 TRYOUTS at Pyramids 10 a – 1 pm

PRICES

\$50 Yearly Enrollment Fee
\$5 Open Gym (Cash Only)
\$15 Single Class
\$50 One Class per week per month
\$90 Two Classes per week per month
\$125 Three Classes per week per month
\$75 1-hour semi-private (2-3 students, 1 instructor)
\$10 **Per Person** 1-Hour Group Private. 11-15 students(1 instructor, 3 hours max.). \$100 flat fee for squads of 10 and under. Every extra instructor is \$20 per hour. You must have an extra instructor for every 10 students over 15.
\$60 1 hour floor rental

Beginning Flyers Class!

Yes, Flyers Class is for those who want to get more flexible, improve on their skills and get the experienced needed to become a top notch cheerleading flyer. Taught by PYRAMIDS Staff and helpers

5 classes for \$99
March 4th, 11th & 18th Apr 1st & 8th

***Limited to only 15 students!**

GYM CLOSED!!!

March 21 – 31 Easter Break!
April 25 – May 4 USASF Cheer WORLDS & Conference!
May 11 Mothers Day!
May 23 – 26 Memorial Day Weekend!