

MOTIONS CHEER GYM

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June, July and August 2007 Schedule

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
C L A S S E S	3:30-7:30PM Privates	3:30-7:30PM Privates	3:30-7:30PM Privates	3:30-7:30PM Privates	3:30-7:30PM Privates	10-12:00PM Privates	All-American All Stars 9:00 am – 1:00 pm (alternating Sundays)
	Monta Vista H.S. 4:30 – 6:30 pm	Junior Club 4:00 – 5:00 pm	Junior All-Stars 5:00-7:30pm	Monta Vista H.S. 4:30 – 6:30 pm	Open Gym 5:00-7:00	10:00-2:00PM Birthday Parties	Junior All-Stars 5:00-7:30pm
	Tumbling Level 1/2 5:30 – 6:30 pm	Tumbling Level 5 7:00 – 8:00 pm	Senior All-Stars 7:00 – 9:30 pm	Tumbling Level 3/4 5:30 – 6:30 pm			Senior All-Stars 7:00 – 9:30 pm
	Tumbling Level 3/4 6:30 – 7:30 pm	All-American All-Stars 7:00 – 9:30 pm		Tumbling Level 1/2 6:30 – 7:30 pm	Fremont H.S. 7:30 – 9:30 pm		

Practices in RED do not begin until June 13th.

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.

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.

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.

JUNIOR CLUB: This is a class for ages 7 – 11 years old who want to learn about cheerleading. It is a 12 week session that commences with a performance for parents. Shorts and t-shirt included!

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, 2, and 3 stunts and basket tosses. **LIMIT OF 15 GIRLS (SEASONAL CLASS)**

ADVANCED FLYING: Subject to coaches approval. This class will follow USASF guidelines for Level 4 and 5 flyers in basket tosses and partner stunts. **LIMIT OF 15 GIRLS (SEASONAL 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 (All Star Tumbling NOT included!!)

ALL-STARS: A program for competitive cheerleaders. Sessions start in May and November. Please ask for more information

Note: All bolded classes are limited. When payment is received with either a personal check, Visa or Master Card, your child's spot will be reserved.

SIGN UP FAST!!

You must re-sign up for classes each month

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

\$99 SUMMER SPECIAL

June 1 – August 31 take two tumbling classes a week!

What a deal!

(No make up classes)

PRIVATES

Privates are a GREAT way to really improve on your skills. One-on-one with a professional tumbling coach. Prices vary by instructor. Call 866-685-7615 to set one up!

GYM CLOSED!!! For Rec. Classes

June 17
June 25 – July 7
July 30 – Aug 5

PRICES

\$50 Yearly Enrollment Fee
\$5 Open Gym (Cash Only)
\$15 Single Class
\$50 One Class per week per month
\$85 Two Classes per week per month
\$125 Three Classes per week per month
\$125 Beginning/Advanced Flyers Class (6 weeks)
\$150 Junior Club (12 weeks)
\$75 1-hour semi-private (2-3 students, 1 instructor)
\$100 1-hour group private (4-10 students, 1 instructor, 3 hours max.)
\$10 Per Person 1-hour group private (11-15 students, 1 instructor, 3 hours max.)
Every extra instructor is \$20 per hour. You must have an extra instructor for every 1-5 students over 15
\$60 1 hour floor rental

Be a part of one of the most well known and successful cheerleading gyms on the West Coast. MOTIONS CHEER GYM is still looking for ENERGETIC and HARD-WORKING individuals for its All-Star Cheer Program.

Come any Wednesday or Sunday from 6:00 – 8:30 pm until June 13 and see what it's all about!