

## Program Policies:

Full payment is due upon registration.

No Refunds.

No pro-rations unless registration is after the start date of class.

Make-ups are not guaranteed; however, 2 make-ups per session (if space permits) is allowed.

Make-ups are **NOT** carried over to next session.

No jewelry- rings, necklaces, watches, bracelets, hoop or hanging earrings.

Please wear tight fitting clothes (ie.leotard, leggings).

Children will be barefoot down in the gym.

NO FOOD or DRINK permitted in the gym.

Parents and siblings can watch from the viewing area upstairs.

\$65 annual non member registration fee

*Information subject to change*

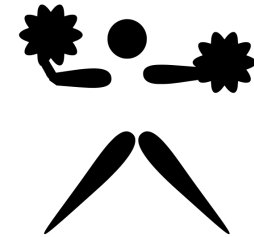
Make sure to follow us on



The Sports Club of West Bloomfield  
6343 Farmington Rd  
W. Bloomfield, MI 48322



# CHEER & TUMBLING



## Winter/Spring 2018

248.626.9880 EXT. 3  
WWW.THESPORTSCLUBS.COM

# Gymnastics

Dean Smarjesse, Director

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## SESSION:

### WINTER (10 weeks)

Feb 5th—April 15th

### SPRING (9 weeks)

April 16th-June 17th

Omit May 26, 27, & 28

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## Please review the policies on the back of this brochure.

- Maximum of 2 make ups allowed per session.
- Make ups are not rolled over and not guaranteed
- Make ups must be scheduled thru Member Services Dept.

# Cheerleading Classes

**Offered WINTER session ONLY!**

These classes include jumps and flexibility ...toe touch, herkie, pike, triple splits, heal stretch, scorpion, needle, bow and arrow.

### Tiny (ages 4-5)

**M, 6-6:45pm**

**Sa, 10:15-11am**

	(10 wks)	(9 wks)
Fitness Member	\$144	\$130
Tennis & Non Mem.	\$160	\$144

### Mini (ages 6-8)

**M, 4:30-5:15pm**

**Sa, 9:30-10:15am**

	(10 wks)	(9 wks)
Fitness Member	\$144	\$130
Tennis & Non Mem.	\$160	\$144

### Youth (ages 9-11)

**M 7:15-8pm**

**THU 4:30-5:15pm**

### Junior (ages 12-14)

**M 7:15-8pm**

**T, 7-7:45pm**

	(10 wks)	(9 wks)
Fitness Member	\$144	\$130
Tennis & Non Mem.	\$160	\$144

### Senior (ages 14 and up)

**(10 wks) (9 wks)**

**M, 7:15-8pm**

**T 7:00-7:45pm**

Fitness Member	\$144	\$130
Tennis & Non Mem.	\$160	\$144

# Tumbling classes

**All classes are 1 hour**

**(10 wks) (9wks)**

Fitness Member	\$170	\$153
Tennis & Non Mem.	\$190	\$171

**Tumbling 100**— Focus on cartwheels, round-offs, handstands, bridges and rolls. Strength and flexibility conditioning will also be incorporated.

**OFFERED: M-5:15pm THU 6:30pm**

**Tumbling 200**— MUST HAVE ALL TUMBLING 100 ELEMENTS MASTERED. Will focus on back and front walkovers. Strength and flexibility conditioning.

**OFFERED: M 6:15pm**

**Tumbling 300**— Working on back handsprings. Strength and flexibility conditioning.

**OFFERED: M 4:15pm**

**Tumbling 400**- MUST HAVE TUMBLING 300 ELEMENTS MASTERED. In this class your child will learn how to start connecting tumbling passes. This includes round off back handspring, standing multiple handsprings. Will also learn punch front.

**OFFERED: T 5:15pm THU 5:30pm**

**Tumbling 500**- Your child will learn standing back tucks and how to connect them with jumps, standing back hand springs and running passes.

**OFFERED: Sat 11am**