

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

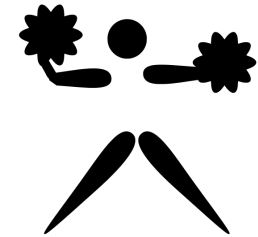
Make sure to follow us on



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



CHEER & TUMBLING



Fall 1 & 2 2017

248.626.9880 EXT. 3
WWW.THESPORTSCLUBS.COM

Gymnastics

Dean Smarjesse, Director
Coach Micayla, Cheer Director

SESSION:

FALL 1 (10 weeks)

Sept 4—Nov 12 (omit 9/4)

FALL 2 (12 weeks)

Nov 13– Feb 4 (omit 11/23, 12/24, 25, 31 & 1/1)



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

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

W, 5:15-6pm

Sa, 10:15-11am

(10 wks) (12 wks)

Fitness Member \$144 \$173

Tennis & Non Mem. \$160 \$192

Mini (ages 6-8)

M, 4:30-5:15pm

W, 5:15-6pm

Sa, 9:30-10:15am

(10 wks) (12 wks)

Fitness Member \$144 \$173

Tennis & Non Mem. \$160 \$192

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) (12 wks)

Fitness Member \$144 \$173

Tennis & Non Mem. \$160 \$192

Senior (ages 14 and up)

(10 wks) (12 wks)

M, 7:15-8pm

T 7:00-7:45pm

Fitness Member \$144 \$173

Tennis & Non Mem. \$160 \$192

Tumbling classes

All classes are 1 hour

(10 wks) (12 wks)

Fitness Member \$170 \$204

Tennis & Non Mem. \$190 \$228

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 W 4:15pm

Tumbling 300— Working on back hand-springs. 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: W 6pm Sat 11am