



Winter Session 2023

December 16th - March 8th, 2024 *10 week session*

Class	Spots available	Length	Full Price (10 weeks)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rec. 3-5 Cheer	8 athletes / class	60 min	\$200	4:30 - 5:30				4:00 - 5:00	9:00 - 10:00 11:30 - 12:30	GYM CLOSED
Rec. 6-8 Cheer	8 athletes / class	60 min	\$200	5:30 - 6:30	4:00 - 5:00			4:00 - 5:00	9:00 - 10:00 11:30 - 12:30	GYM CLOSED
Rec. 9-14 Cheer	10 athletes / class	90 min	\$260	6:30 - 8:00	6:30 - 8:00			6:30 - 8:00		GYM CLOSED
Beginner Tumbling (4 - 8 years)	8 athletes / class	90 min	\$260		5:00 - 6:30		6:00 - 7:30	5:00 - 6:30	10:00 - 11:30	GYM CLOSED
Beginner Tumbling (9 - 12 years)	8 athletes / class	90 min	\$260			6:30 - 8:00	4:30 - 6:00		10:00 - 11:30	GYM CLOSED
Intermediate Tumbling	8 athletes / class	120 min	\$350			4:30 - 6:30		5:00 - 6:30		GYM CLOSED
Advanced Tumbling	6 athletes / class	120 min	\$350				4:00 - 6:00	6:30 - 8:30		GYM CLOSED
Strength Training	12 athletes / class	60 min	\$180				6:00 - 7:00			GYM CLOSED
Flexibility Training	12 athletes / class	60 min	\$180				7:00 - 8:00			GYM CLOSED

Registration Opens: Wednesday, November 8th @7:00pm

Register through our website using our online MOTION registration system

Tumbling Prerequisites:

Intermediate Tumbling: unassisted back walkover and front walkover

Advanced Tumbling: unassisted back handspring on floor

**athletes will be moved to a lower class if they do not meet the requirements*