

Guide to Classes



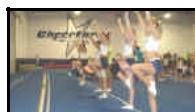
POPROCKZ (“beginning cheer”)[Ages 3-10]

Description: Beginning cheer class geared towards our younger athletes. This 1x/week class is a good starting place for our youngest athletes wanting to give cheer a try.



JEWELZ (“non-traveling cheer team”)..... [All Ages]

Description: Non-traveling cheer team practices 1x/wk. Tuition also includes free Open Gym and 2 additional classes of your choice (tumbling, trampoline, or flying).



FLIGHT SCHOOL [All Ages]

Description: Cheer flying class...work on stretching, flexibility, body positions, correct stunt flying technique.



TUMBLING (“gymnastics”) [All Ages]

Description: Novice class teaches hand stands, cartwheels, & Back Handsprings. Intermediate class teaches Back Tucks. Advanced class teaches Layouts & Fulls.




PRIVATE LESSONS..... [All Ages]

Description: 1-on-1 instruction with coach of your choice, working on whatever skills you want (tumbling, stunting, flying, etc). Can be shared amongst 2 athletes.

CLASS	MON	TUE	WED	THU	FRI	TUITION
TUMBLING: Novice-Youth (5-10yr)	4:30pm	4:30pm	5pm			3 classes/wk \$95/month
TUMBLING: Novice-Senior (11yr+)	5:30pm		6pm			
TUMBLING: Novice-All (All ages)		7pm		4:30 & 7pm	5pm	
TUMBLING: Intermediate	6pm	6pm & 7pm		6pm & 7pm		2 classes/wk \$75/month
TUMBLING: Advanced	5pm & 7pm	7pm		7pm		
Tumbling & Trampoline (T&T)	6:30pm					1 class/wk \$45/month
CHEER: Flight School			5pm	4:30 & 6pm		
CHEER: Jewelz (All ages)	5:30pm					
CHEER: PopRockz-II (6-10yr)		5:30-6:30pm				\$30/month
CHEER: PopRockz-I (3-5yr)		5-5:30pm				
OPEN GYM	6:30-8:30pm				6-8pm	\$10/class
PRIVATE LESSON (30-min)	Available lessons times vary with each coach’s schedule. Standing Privates (<i>same time each week</i>) are also available.					\$40
GROUP PRIVATE (1-hr, 3 athletes)	* To avoid miscommunications, all Privates must be booked in person.*					\$75



CheerForce Allstars (805) 582-2211
 671 Cochran St. Simi Valley, CA
www.CheerForce.com

	118	
Madera Ave		St
	Cochran St	First