MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TADPOLES	TADPOLES	TADPOLE	TADPOLES		TADPOLES
10-10:45	10-10:45	10:30-11:15	10-10:45		9:00-9:45
MARK	MARK	MARK	MARK		MARK
LEAPFROGS	PEEWEE NINJA	PEEWEE NINJA	LEAPFROGS		LEAPFROGS
10-10:45 MEL	11-11:45 MARK	11:30-12:15 MARK	10-10:45 MEL		9:00-9:45 MEL & ELYSE
PEEWEE NINJA	IVIAIII	WARK	TADPOLES	LEAPFROGS	10:00-11:00
11-11:45			11-11:45	2:00-2:50	5-8 YRS
MARK			MARK	ELYSE	MEL
LEAPFROGS		LEAPFROGS	HOMESCHOOL	PEEWEE NINJA	10-11:00
11-11:45		2:00-2:45	11-12:00	2-2:45	8+
MEL		ELYSE	6-9 YRS MEL	MARK	MARK
		LEAPFROGS	LEAPFROGS	PEEWEE NINJA	10-11:00
		3-3:45 ELYSE	3-3:45 ELYSE	3-3:45 MARK	4-6 YRS ELYSE
		ELISE	ELISE	IVIARK	11:15-12:15
4:15-5:15	4:15-5:15	4:15-5:15	LEAPFROGS	4:15-5:15	5-8 YRS
4-6 YRS	4-6 YRS	4-6 YRS	4:15-5:00	4-6 YRS	MEL
CHARLOTTE	MEL	ELYSE	ELYSE	ELYSE	
4:15-5:15	4:15-5:15	4:15-5:15	4:15-5:15		11:15-12:15
5-8 YRS	5-8 YRS	5-7 YRS	4-6 YRS		4-6 yrs
SARAH	ELYSE	MEL	SARAH		ELYSE
4:15-5:15	4:15-5:15	4:15-5:15	4:15-5:15		11:15-12:15
6-8 YRS	6-8 YRS	6-8 YRS	6-8 YRS		9+ YRS
MEL	SARAH	SARAH	MEL		MARK
4:15-5:15 5-9 YRS-NINJA	4:15-5:15 8+ YRS	4:15-5:15 NINJA 5-9 YRS			
COURTNEY & MARK	MARK	COURTNEY & CHAR			
200111121 & 11111111					
		4:15-5:15	4:15-5:15 NINJA 5-9 YRS	4:15-5:15 NINJA 5-9 YRS	PRICING FOR 10 WEEK
		NINJA 9+ YRS MARK	MARK	MARK	SESSIONS
		IVIANN	IVIANN	IVIANN	1 HOUR CLASSES \$275/
					SESSION
5:25-6:25	5:25-6:25	5:25-6:25	5:25-6:10		
4-6 YRS			3.23 0.10		45 & 50 MIN CLASSES
4-0 YKS	4-6 YRS	4-6 YRS	LEAPFROG		
4-6 YKS SARAH	4-6 YRS ELYSE	4-6 YRS SARAH	LEAPFROG ELYSE		\$265/ SESSION
SARAH	ELYSE	SARAH	ELYSE		\$265/ SESSION
SARAH 5:25-6:25	ELYSE 5:25-6:25	SARAH 5:25-6:25	ELYSE 5:25-6:25		\$265/ SESSION SESSION 1 DATES RUN
SARAH 5:25-6:25 5-8 YRS	ELYSE 5:25-6:25 5-8 YRS	SARAH 5:25-6:25 5-8 YRS	ELYSE 5:25-6:25 5-8 YRS		\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20
SARAH 5:25-6:25 5-8 YRS MEL	ELYSE 5:25-6:25 5-8 YRS MEL	SARAH 5:25-6:25 5-8 YRS MEL	ELYSE 5:25-6:25 5-8 YRS MEL		\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS
SARAH 5:25-6:25 5-8 YRS	ELYSE 5:25-6:25 5-8 YRS	SARAH 5:25-6:25 5-8 YRS	ELYSE 5:25-6:25 5-8 YRS		\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25	SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25		\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS
\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS	5:25-6:25	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE
\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP	5-9 YRS-NINJA	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE
\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25	0.20 0.20	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP
\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP	5-9 YRS-NINJA ELYSE	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP	5-9 YRS-NINJA ELYSE 5:25-6:25	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION.
\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP	5-9 YRS-NINJA ELYSE 5:25-6:25	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS MARK	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TIMBL MARK	SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP MARK	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE.
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL MARK 6:30-7:30 4-6 YRS ELYSE	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS \$ARAH	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP MARK 6:30-7:30 4-6 YRS ELYSE	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS MARK	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE. SEE CLASS AGE
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH 6:30-7:30	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARH 5:25-6:25 8+ NINJA/FLIP & TMBL MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/FLIP&TMBL Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS \$ARAH 6:30-7:30	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS MARK	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE. SEE CLASS AGE REQUIREMENTS AND
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH 6:30-7:30 5-8 YRS	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30 5-8 YRS	SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH 6:30-7:30 9+	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30 5-8 YRS	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS-NINJA	\$265/ SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE. SEE CLASS AGE
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH 6:30-7:30 5-8 YRS CHARLOTTE	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TMBL MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30 5-8 YRS MEL	SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH 6:30-7:30 9+ MEL	5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30 5-8 YRS MEL	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS-NINJA ELYSE	\$265/SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE. SEE CLASS AGE REQUIREMENTS AND CLASS DESCRIPTIONS
SARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 8+ NINJA 5:25-6:25 Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS SARAH 6:30-7:30 5-8 YRS-NINJA CHARLOTTE 6:30-7:30	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINJA/FLIP & TIMBL MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30 5-8 YRS MEL 6:30-7:30	\$ARAH 5:25-6:25 5-8 YRS MEL 5:25-6:25 5-8 YRS-NINJA CHARLOTTE 5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS \$ARAH 6:30-7:30 9+ MEL 6:30-7:30	ELYSE 5:25-6:25 5-8 YRS MEL 5:25-6:25 8+ YEARS SARAH 5:25-6:25 8+ NINIA/FLIP MARK 6:30-7:30 4-6 YRS ELYSE 6:30-7:30 5-8 YRS MEL 6:30-7:30	5-9 YRS-NINJA ELYSE 5:25-6:25 9+ YRS MARK 6:30-7:30 5-8 YRS-NINJA ELYSE 6:30-7:30	\$265/SESSION SESSION 1 DATES RUN 9/13-11/20 NO HOLIDAY CLOSINGS IN SESSION 1 MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION. INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE. SEE CLASS AGE REQUIREMENTS AND CLASS DESCRIPTIONS
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CLASS DESCRIPTIONS

TADPOLES - (Ages 14-36 months) This is a 45 minute class. Kids start with a quick stretch on the parachute.

The parent or caretaker comes into the gym and with the help of instructors you will assist the child through obstacle courses which incorporate all of the major events in gymnastics. We use lots of mats to introduce the basic skills to your toddler while teaching them to follow direction and wait their turn. We come together at the end of class for circle time which includes bubbles, stamps and a coloring picture.

LEAP FROGS & Peewee Ninjas – (Ages 3 -5yrs) These classes are 50 minutes long. Children go into these classes without a parent, you may watch from the lobby. Children in the Leapfrog class learn all of the basics of gymnastics in an obstacle course format. Skills include forward rolls, backward rolls, cartwheels, handstands by walking their feet up the mat on wall, jumps, body positions, balance beam walks, basic vaulting, bars, trampolines and much more! You will see your child develop upper body strength, as well as flexibility, balancing and coordination.

Pee Wee Ninjas do a smaller scaled version of the Ninja Challenge class, see description below.

Student to teacher ratio 7 to 1

GIRLS - 1 hour Class - The children program is based on USA Gymnastics' curriculum and focuses on skill levels 1-4. Children advance at different rates and we work to each child's own ability. Kids will get to use 2 events per class and change each week. (Floor, Bars, Beam, Vault, Tumble Trak). Stations are set up around the event they are on and each child is assigned a station so that they are all working on something at all times.

They rotate around stations learning skills progressively.

Student to teacher ratio 8 to 1, or 9 to 1 for older classes

FLIP & TUMBLE FOR BOYS (girls too!)— 8-12 yrs and 9+ groups. This is a Parkour style class for boys and girls who want to learn to flip and twist in a safe manor. We use the foam pit, mini tramp, tumbltrak and trampoline along with mats to assist in training and safe landings. Student to teacher ratio 9 to 1

Ninja Challenge has developed an obstacle course skills program that incorporates basic skill sets from gymnastics, climbing, cross training, and track and field. We incorporate gymnastics equipment with specialized ninja training equipment such as cargo nets, rock walls, slack lines, ropes, swinging rings and ladders. The Desired result of this program is to improve children's strength, flexibility, and all around athleticism. Student to teacher ratio 8 to 1

ACRO- Students will work on walkovers, aerials and handsprings with a spotter, often learning skills for outside dance routines.

8 to 1 ratio

TUMBLE CHEER- Girls come to this class to work on back handsprings, roundoffs and other skills for their cheer teams. 8 to 1 ratio