



DuPage Cheer & Power Tumbling Class Schedule-School Year 2023-2024

Continuous Enrollment/Monthly Billing/Prorate in Anytime

PRE-SCHOOL	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
Parent Tot - 18mo-3 yr- 45 min	\$60				10am		8:30am
Mighty Tumblers - 3's & 4's - 1 hr	\$96			4:15pm	4:15pm	1pm	8:30am
Kinder Tumblers - 5's & 6's - 1 hr	\$96	4:15pm 5:20pm	4:15pm	10am	5:20pm	1pm	9:35am
Tiny Tumbling Team-1.25 hr+ for the young athlete who can handle a more advanced class with goal to put together routines to compete at an in-house meet in May and prepare for team in the future. 4-6 yr olds (by invite). Program: January 13th- May 30	\$120 or \$50 as 2nd class						10:15am - 11:30am

Don't see a daytime you can do? We can start a 10am or 1pm MT or KT class almost any weekday.

{Cheer} Tumbling Classes	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
Intro to Tumbling - 1st - 5th gr - 1 hr Handstands, cartwheels, round off, RO rebound, forward/backward rolls, waterfalls, building strength & flexibility, quick twitch muscle memory.	\$96	4:15pm, 6:25pm	4:15pm, 5:20pm, 6:25pm 7:30pm	4:15pm 5:20pm 6:25pm	4:15pm 5:20pm 6:25pm	5:20pm	9:35am
Intermediate - 1st - 6th gr - 1 hr RO jump backs, connecting RO to BHS, multiple BHS, back tucks (<i>must pass Intro or eval into class</i>)	\$96	4:15pm, 5:20pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:25pm	10:40am 1pm
Advanced Tumbling - 1st - 6th gr - 1 hr Must have min RO 3 BHS. Connect BHS to tucks, layouts, standing tucks, start to twist	\$96	4:15pm 5:20pm 6:25pm	5:20pm 7:30pm	7:30pm	6:25pm 7:30pm		1pm
Jr. High/High School- 7th gr - HS - 1 hr- All levels together- will divide by ability/skill level in class.	\$96	3pm, 5:20pm, 6:25pm, 7:30pm, 8:30pm	6:25pm 7:30pm	5:20pm, 6:25pm, 7:30pm	6:25pm, 7:30pm		12pm
Full/Double Full Adv. Tumbling- 5th grade - HS - 1 hour Learn to twist for the back full using trampoline surfaces and floor. Must have solid un-assisted layout. * recommend this as 2nd class/week.	\$96			6:25pm			

Cheer Classes	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
Jr. Boot Camp - 5th & 6th— 1.5 hr Essential cheer skills, jumps, motions, dance, stunt, flyer stretch. Stay in shape during your off season from rec cheer! Jan 13-May 30	\$135						11:30am - 1pm
Boot Camp- 7th - 8th- Calling all cheerleaders looking to try out for their HS cheer program. This class is for YOU! Jumps, motions, dance, stunt, stretches and synchronized tumbling. Plus a mock tryout with a local HS cheer coach. Jan 13 - Apr 27	\$192						9:30am - 11:30am + your choice tumbling day

Acro Tumbling	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
AT1 - 1st - 5th gr - 1 hr A tumbling class with the dancer in mind. Build strength in upper body while learning front and back walkovers building to one-handed cartwheels, aerials and back handsprings. <i>*intermediate class level- must have RO rebound to register</i>	\$96				7:30pm		1pm

Trampoline Classes	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
TNT 1 - 1st gr- 6th gr - 1 hr Tumbling & trampoline learning safety & skills for beginner athlete. TNT2- 5th gr - HS- for the older, more advanced athlete connecting skills on trampolines. Specified in ()	\$96	4:15pm 6:25pm	4:15pm 6:25pm	7:30pm (TNT2)	5:20pm 6:25pm		
Homeschool Class- Ages 4-18 taught in same class working floor & trampoline skills. 1 hr/will divide by age when possible	\$74-1st child; \$10/off each add'l				2pm		
Winter Session Pre-Team - 1.75 hr team practice + 1 hr class/your choice learning more advanced tumbling & trampoline skills and routines. Intermediate tumbling level preferred Gr. 1st - 6th (K by invite). Starts Wk of Jan 8	\$207 + 1 time team fee		4:30 - 6pm + you choose your other class day				

Don't see a class that works for you? Give us a call and we may be able to create a class!

- **Membership Fee:** all students pay a membership fee in September or entry into school year. \$35/person or \$55/family
- **Discounts: NEW for January:** 15% sibling discount; 15% discount 2nd class, 3rd class.
- **Classes:** all classes are 1 hour unless otherwise noted and are for girls & boys.
- **Program:** We are a year round program with continuous enrollment monthly billing on the 25th of the month prior. Monthly tuition is budgeted on a 48 week year allowing time for holidays and time off for coaches & students. You do not get charged more for longer months nor do you get charged less for shorter months. In a year, you will average 4 classes/month.
- **What is Continuous Enrollment?:** Continuous enrollment means we do not run sessions but keep the same schedule year round. Once you register for a class, you stay in that class until you move up to the next level, request to move to a different class day or you request to drop the class. You are billed monthly and never have to re-register or worry about losing your spot in class.
- **Make ups:** during the school year we offer 1 make up/mo. During the summer months (June, July & August) we offer UNLIMITED MAKE UPS. Make ups must be scheduled with the front desk. Missed make ups will not be rescheduled. Make ups can be done into next month as long as student is currently enrolled in classes. No refunds or credits for missed classes. For prolonged absences due to injury, contact office as we do offer injury credit with signed doctor note.
- **Cancellation:** You are not in a contract with DCA but we can't read minds either. If you choose to cancel your class, please submit a drop request by the 15th of the month prior via email to coach@dupagetumbling.com and we will drop you from class for the next month. If you miss the drop date, you will be responsible for that next month's tuition regardless on whether your child comes to class or not.
- **Gym Breaks:** July 3-8- summer | Nov 22-25-Thanksgiving | Dec 24 - Jan 2 - Winter | Mar 25-31 Spring
- **Gym Closures (please schedule a make up):** Labor Day | Halloween | April 1- Easter Monday | Memorial Day
- **Need to Switch Classes?:** We understand that your schedule may change and need a different permanent class day/time. Please call or email the gym and we will be happy to help find another class for you.
- **Dress Code:** tshirt, shorts/leggings. Leotards are optional. Clean socks. Indoor cheer shoes are allowed as long as you walk in with different shoes and change. Hair up out of face, no jewelry. Midriff must be covered (no half-shirts). Bring water bottle.