



DuPage Cheer & Power Tumbling Class Schedule-Summer 2023 Edition

Continuous Enrollment/Monthly Billing/Prorate in Anytime
UNLIMITED MAKE UPS: June, July, August

PRESCHOOL	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	\$92	10am	5:20pm	4:15pm, 5:20pm	1pm, 4:15pm, 5:20pm	2pm	8:30am
Kinder Tumblers - 5's & 6's - 1 hr	\$92	10am, 5:20pm	4:15pm, 5:20pm	4:15pm, 5:20pm	1pm, 4:15pm, 5:20pm	2pm, 4:15pm	8:30am
Tumble Stars-1 hr- for the young athlete who can handle a more advanced class. 4-6 yr olds (by invite)	\$92		10am		2pm		12pm

Trampoline Classes	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
T&T 1 - 1st gr- 6th gr - 1 hr Tumbling & trampoline learning safety & skills for beginner athlete.	\$92	4:15pm	4:15pm 6:25pm		5:20pm	4:15pm	
Adv. Trampoline 7th gr - HS - 1.5 hr <i>Come 1-4x/wk For older /more adv athletes- SEE DESCRIPTION UNDER TUMBLING</i>	\$240	7:30 - 9pm	7:30 - 9pm	7:30- 9pm	7:30 - 9pm		
Homeschool Class- Ages 4-18 taught in same class working floor & trampoline skills. 1 hr/will divide by age when possible	\$70-1st child; \$10/off each add'l	2pm			1:45pm		
Summer Session Pre-Team - 2 hr team practice + 1 hr class/your choice learning more advanced tumbling & trampoline skills and routines. No prior or future team commitment necessary. Gr. K - 6th. June 5 - Aug 19 (10 wks). See website for more details.	\$230				tentative day 6:30 - 8:30pm		

Cheer Classes	Monthly Tuition	Mon	Tue	Wed	Thur	Fri	Sat
Cheer Techniques - 1st - 5th gr - 1 hr Essential cheer skills, jumps, motions, dance, stunt, stretch	\$92			11:30am	5:20pm	5:20pm	
Boot Camp- 6th - 8th - 1 hr Keep your cheer skills up in the off season- stunts, jumps, motions, stretch, condition, strength training	\$92		12pm		6:25pm		

Want to create a class with some friends for the summer? We have daytime class times available. Call the gym to set something up!
Check out camp flyer for traditional day camps, skill-based camps and cheer clinics.

{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.	\$92	4:15pm, 6:25pm	4:15pm, 5:20pm, 6:25pm	4:15pm, 6:25pm	4:15pm, 6:25pm	5:20pm, 6:25pm	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>)	\$92	4:15pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:25pm, 7:30pm	4:15pm, 5:20pm, 6:26pm, 7:30pm	4:15pm, 6:25pm	10:40am
Advanced Tumbling - 1st - 6th gr - 1 hr Must have min RO 3 BHS for Adv class. Learn to connect BHS to tucks, layouts, standing tucks, start to twist	\$92	6:25pm	7:30pm		7:30pm		8:30am
Jr. High/High School- 7th gr - HS - 1 hr- All levels together- will divide by ability/skill level in class. JH/HS1- build strength & muscle memory with RO rebound & jump backs, spotter mat BHS, handstand snap downs. JH/HS2- Working RO BHS, multiples, tucks, standing tucks, layouts and specialty passes.	\$92	3pm, 5:20pm, 6:25pm, 7:30pm, 8:30pm	7:30pm	5:20pm, 6:25pm, 7:30pm	6:25pm, 7:30pm		8:30am, 11:45am
Advanced Tumbling & Trampoline- 6th gr - HS - 1.5 hr-Flex Class 1-4x/week for the advanced tumbler and/or trampolinist looking to work on layouts and twisting skills and/or advanced tramp skills. Four class options a week, one monthly tuition. Come 1, 2, 3 or 4x/wk. By invite only/eval	\$240	7:30-9pm	7:30 - 9pm	7:30 - 9pm	7:30 - 9pm		

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 cartwheels, RO, front and back walkovers, build to one-handed cartwheels, aerials, BHS	\$92		6:25pm				2pm

Open Gym: Friday Nights 7:30- 9pm | \$10/mbrs & \$20/nm | Ages 6 - 18 | September - May

- **Membership Fee:** all students pay a membership fee in September or entry into school year. \$35/person or \$55/family
- **Discounts:** 10% sibling discount &/or 2nd 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.
- **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. 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. 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 23 - Jan 2 - Winter | Mar 25-30 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.