DuPage Cheer & Power Tumbling
Private Lessons- Philosophy, Policies & Scheduling

Philosophy

- Private lessons are great for supplementing weekly classes to give an athlete more time on a specific skill, work through any blocks or focus on advanced skills (twisting).
- The only true way to achieve tumbling skills is consistent, regular weekly practice.
- Although private lessons can be helpful in certain situations, keeping up with regular, consistent private lessons can be a challenge with scheduling and costly.
- Taking a regular weekly class is highly recommended so the athlete is getting that regular consistent class to work strength, endurance and create muscle memory. Plus, many times that class setting is ideal and needed for peer motivation when they see other athletes doing the skills they can do or want to do.
- *For the most part DCA coaches are interested in doing private lessons with current students they know*. There should be a relationship with the coach (or at least the gym) so a trust and understanding can be formed in order to get the most out of the lesson.
- We understand that there are situations where a private lesson is the only option for a student and if you feel you are in that situation, please call the gym to discuss options.

Policies

- We offer private lessons in tumbling, trampoline and cheer (individual skills or stunt group private) and our coaches are allowed to schedule these private lessons on their own during approved private lesson times (see schedule below).
- *Please know that coaches give priority for private lessons to current, active students and may refuse to do lessons with students from other gyms.* Because this is the coach's personal time, we allow our coaches to chose to not take a student if they do not know them or feel comfortable with student.
- If you are not currently taking classes with DCA, there will be an additional gym fee for each lesson that goes directly to the gym ($20/private) while you pay the coach directly their fee.
- Students must have an updated waiver on file and have paid the annual gym membership fee ($35).
- Parent must stay in the building for duration of private lesson.
- If you want to record any skills or passes during private lesson, please talk to coach first so they are aware and can approve your recording request.
- Athletes must have their midriff covered; no half tops or only sports bra.
- Cancellations- most coaches will allow cancellations with a reschedule 24 hours in advance. For cancellations the day of, coaches have the right to charge you for the lesson.

Prices

Private Lesson (1:1)	45 minutes	Member/taking classes	$50- $65/paid to coach
Private Lesson (1:1)	45 minutes	Member/not taking classes	$50-$65/paid to coach + $20 gym fee
Semi-Private (2:1)	1 hour	Members/taking classes	$100 ($50 each)/paid to coach
Semi-Private (2:1)	1 hour	Member/not taking classes	$100 ($50 each)/paid to coach + $15 gym fee each non-student
Stunting Private- you provide the stunt group	1 hour	At least 1 member of stunt group must be a member	$100 ($25 each)/paid to coach
Private Class 3-4 students	1 hour	A private weekly class just for you and your friends that no one else can register for. Great for dancers looking for acro skills or cheerleader from the same team wanting a small group class	Call for details

Scheduling

- If you have a specific coach in mind, you can stop them before or after class to inquire about private lessons. Or, email the gym at coach@dupagetumbling.com and we can assist in getting you in touch with the coach of your choice.
- If you do not have a coach in mind (are are new to the gym), reach out via email and we can offer suggestions based on what skills you are working on (acro skills, twisting, multiple BHS, trampoline, etc.)
- Private lessons can be done before 4pm or after 830pm weekdays, Saturday afternoons and Sundays.
- Once you have booked your private lesson with the coach, they will confirm via text the day and time as well as their rate ($50- $65 for 45 minutes) and then all future communication (cancelations, running late, etc.) will go through coach's personal cell.
- Please pay your coach before your lesson; most coaches prefer cash but some will accept Venmo or Zelle and you can confirm payment preference with each coach.
- **Non-Class Students:** if you are new to DCA and interested in private lessons, please email the gym at **coach@dupagetumbling.com** and give us a little background on what your child is working on so we have a better idea of what coach to place you with. Most of the time staff will encourage you to enroll in classes first or at least do a trial class so coaches can see where student is at and make sure private lessons are a good fit for both parties.