

# Cheer Classes

**KITTY KAT CLUB**

The focus of this class is to introduce younger athletes to the basics of team cheerleading in a fun & safe environment. Athletes attend class once a week for 55 minutes & learn the fundamentals of motion techniques, jumps, voice, dance, basic tumbling & even stunts.

\*AGES 3-5

**CHEER 101 "LEARN TO CHEER"**

This class focuses on skills specific to cheerleading. The skills the athletes learn in this class will help them become the best cheerleader they can be. Jumps, motions, tumbling & stunting are the areas covered in this class.

\*AGES 6-11

**KITTY KAT CLUB (RR)**

**MONDAY:**

1:00-1:55 pm

4:30-5:25 pm

**WEDNESDAY:**

12:00-12:55 pm

4:30-5:25 pm

**CHEER 101 (RR)**

**TUESDAY:**

5:15-6:10 pm

**THURSDAY:**

6:15-7:10 pm

**FRIDAY:**

4:15-5:10 pm

**HIGH SCHOOL PREP\***

Athletes can get a jump on their high school tryouts & learn what it will take to make a high school squad. Athletes will work on cheer motions, dance, voice quality, projection, jumps, stunts & tumbling. We will also be holding a "Mock" cheer tryout & will have tryout requirements available from the local area high school teams.

\*THIS CLASS IS AVAILABLE TO MIDDLE SCHOOLERS AND ABOVE.

\*AGES 11 w/EVALUATION \*AGES 12-18

**FLIGHT CLASS**

Learn to base or fly to improve on your current stunting skills. This class is designed to teach both body awareness & stunting from the newest flyer or base to the most advanced. Safety, flexibility & strength are also a focus in this class.

\*AGES 5-12

**HIGH SCHOOL PREP**

**TUESDAY:**

4:15-5:10 pm

**THURSDAY:**

7:15-8:10 pm

**FLIGHT CLASS**

**TUESDAY:**

5:15-6:15 pm

**THURSDAY:**

5:30-6:25 pm

**(RR) Represents classes that will participate in our Rec Rewards end of session presentation.**

(P) Represents a pending class. If you are interested in one of these classes, ask about our wait-list options.

(\*) Requires approval from our Rec Director. (\*\*) Represents a drop-in and pay per class. No enrollment required.

**CLASS & REGISTRATION INFORMATION**

Session 5 runs for 10 weeks from October 13-December 21, 2019.

*(Gym closures on November 28 for Thanksgiving and December 22-December 31 for Winter Break)*

**Session 5 Tuition:**

45 Minutes/week.....\$150.00

1 hour & 25 Minutes/week.....\$265.00

55 Minutes/week.....\$180.00

1 hour & 55 Minutes/week.....\$330.00

**(RR) REC REWARDS**

Represents classes that will participate in our Rec Rewards end of session presentation. The last week of every session is reserved for Rec Rewards. Parents are invited in during the end of class for ribbons and talking about the success of our athletes.

Rec Rewards will be held **December 15-21.**

**FREE TRIAL CLASS & MAKE-UP CLASSES**

Peak Athletics allows one free trial class. Once a student is enrolled, there will be NO REFUNDS allowed unless a student is injured or has a severe illness. Each student is allowed to schedule three make-up classes per ten-week session. Make-ups must be completed in the same session & the student must be actively enrolled.

**ANNUAL MEMBERSHIP FEE**

Each student must pay an annual membership fee of \$50 per student or \$75 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

**FOR MORE INFORMATION:**

Contact Member Services at 303-797-8082 or [info@peakathletics.net](mailto:info@peakathletics.net). To contact the Cheer Tumble Program Manager, email **Jordan Howard** at [jhoward@peakathletics.net](mailto:jhoward@peakathletics.net). Visit our website at: [www.PeakAthletics.net](http://www.PeakAthletics.net)