



# 2017 "RECREATIONAL JUST FOR FUN" CLASS INFORMATION

## RECREATIONAL STUNT/CHEERLEADING CLASSES

We are now offering classes where athletes can come and work just on their stunting and cheerleading skills that are non tumbling related.

This is aimed at athletes who are not able or ready to make the commitment to a competition cheerleading team, but want to learn how to stunt & jump just like a comp cheerleader.

These classes are based on age, go for one hour, and cater for all abilities.

Age Groups are 8 years and under, 9-15 years and over.

### Recreational Stunt/Class Times

- Ages 8 & under: Monday 4-5pm
- Ages 9 -15 years: Wednesday 8:30-9:30pm

## RECREATIONAL TUMBLING

Whether you have no experience, minimal experience or a lot of experience in gymnastics we can cater the class to your needs.

These classes focus on the floor element of gymnastics tumbling.

From learning forward rolls, to handstands, round offs, handsprings, and twisting skills, these classes are for all ages and abilities.

If you would like to learn how to tumble, improve your skills, or advance the skills you can already do in a safe environment with qualified coaches this is the place to do it!

Attire: Hair tied back, no jewellery, tight fitting clothing, bare feet or cheer shoes.

### Beginner Level (3-6 years & 7+ years)

- Learn basic shapes, and up to a handstand & cartwheel
- 3-6years: Thursday 4-5pm
  - 7+ years: Wednesday 4-5pm

### Level 1 tumbling (14years and under & 10years and over)

Learn up to front and back walkovers, and combinations

14years and under

- Mon 6-7pm
- Tues 5-6pm
- Wed 5-6pm
- Thurs 5-6pm

10years and over

- Mon 5-6pm
- Tues 4-5pm
- Wed 7-8pm
- Thurs 7-8pm

### Level 2 tumbling (All ages)

Learn up to handspring & round off handspring, must have all level 1 skills before enrolling

- Mon 8-9pm
- Tues 6-7pm
- Wed 6-7pm
- Thurs 6-7pm

### Level 3 tumbling (All ages)

Learn up to front and back tucks, must have all level 1 & 2 skills before enrolling

- Monday 7-8pm
- Tuesday 7-8pm

### Level 4/5 tumbling (All ages)

Level 4: Learn up to layout, must have all level 1,2 & 3 skills before enrolling.

Level 5: Learn up to twisting, must have all level 1,2,3 & 4 skills before enrolling.

- Monday 4-5pm
- Tuesday 8-9pm

## RECREATIONAL TUMBLING & STUNT CLASSES 2017 TERM FEE COSTS

Classes	Term 1	Term 2	Term 3	Term 4
Privates	\$35pp (30 mins) - No Shared Privates			
Monday	\$165	\$150	\$165	\$115.50
Tuesday	\$165	\$150	\$165	\$115.50
Wednesday	\$165	\$165	\$165	\$115.50
Thursday	\$165	\$165	\$165	\$99

## 2017 TERM & HOLIDAY DATES

Term 1 - Open	Mon 30th Jan - Fri 7th April	10 Weeks
Term 1 School Holidays	Sat 8th April - Sun 23rd April	2 weeks off
Term 2 - Open	Wed 26th April - Fri 30th June	10 Weeks
Term 2 Public Holidays	Anzac Day - Tues 25th April & Queens Birthday - Mon 12th June	
Term 2 School Holidays	Sat 1st July - Sun 16th July	2 weeks off
Term 3 - Open	Monday 17th July - Fri 22nd Sept	10 Weeks
Term 3 School Holidays	Sat 23rd Sept - Sun 8th Oct	2 weeks off
Term 4 - Open	Mon 9th Oct - Wednesday 22nd Nov	7 weeks (6 Thursdays)

### PLEASE NOTE:

Recreational Classes commence January 30th 2016 and finish as of Wednesday 22nd November 2017.

Enrolments must be made via email to:  
[info@starletscheerleading.com](mailto:info@starletscheerleading.com)



## 2017 RECREATIONAL STUNT/CHEER & TUMBLING PERSONAL INFORMATION SHEET

Payments: We use a "try before you buy" system. Please enrol for your first class. If you decide it is not for you after that, there is no payment required. If you return for your second class you will be invoiced from the first class till the end of term.

### FAMILY: PARENT/GUARDIAN INFORMATION

If under 18 - Parents/Guardian Contact Email: .....

Father's Name: ..... Father's Mobile: .....

Mother's Name: ..... Mother's Mobile: .....

Allergies & Medical Conditions: ..... Do you have Ambulance Cover? Yes / No

The following information is your emergency contact in the event that a parent or Guardian cannot be contacted

Emergency Contact Name: ..... Relationship To Athlete: .....

Emergency Contact No: (H) ..... (M) .....

### Emergency Treatment

In the event of an emergency I give permission for Starlets Cheerleading staff to seek medical attention, and if necessary arrange an ambulance. I understand that I will be responsible for all costs incurred.

.....  
(Name) (Signature) (Date)

### MEDIA RELEASE

#### Athlete's Under 18

I agree to Starlets Cheerleading placing my child's photo/video on the Starlets website and/or for promotional use. If you have any concerns please contact Dani.

Media on website YES / NO (Please circle) Media Promotional use YES / NO (Please circle)

Please print name of parent/guardian giving permission, sign & date

.....  
(Name) (Signature) (Date)

### ATHLETE INFORMATION & CLASS START DATE

Athletes First Name: ..... Surname: ..... M / F DOB: ..... Age: .....

Postal Address: ..... Postcode: .....

Athlete Home Phone: ..... Athlete Mobile: .....

Athletes Email address: .....

START DATE: ..... / ..... / ..... Where did you hear about us? .....

Day Of Class: ..... Level Of Class: ..... Time Of Class: .....

#### Athlete's Under 18

Media on website YES / NO (Please circle) Media Promotional use YES / NO (Please circle)

Please print name sign & date

.....  
(Name) (Signature) (Date)

OFFICE USE ONLY:

EXCEL:

GYMBIZ:

GA: