

**Powerfully Strong Super Session!!**  
**AUG 4TH 2014 - MAY 31ST 2015**  
**\*NO CLASSES March 30th thru April 5th**  
**(Fayette County Spring Break)**



**Recreational Cheer & Tumbling**  
**261 Ruccio Way \* Lexington \* KY \* 40503 \* 859-977-8862**  
**legacyallsports.com**

TUMBLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tiny Tumblers</b>	6:00-6:55						
<b>Tumble Level 1 M/Y</b>	4:00-4:55 6:00-6:55	4:00-4:55	4:00-4:55 (T/M/Y)	4:30-5:25 5:30-6:25	4:00-4:55	10:30-11:25	
<b>Tumble Level 1 JR/SR</b>	5:30-6:25	7:00-7:55		5:30-6:25 6:30-7:25		10:30-11:25	
<b>Tumble Level 2</b>	4:00-4:55 7:00-7:55	4:00-4:55		4:30-5:25 5:30-6:25		11:30-12:25	
<b>Tumble Level 3 1 1/2 hr</b>			7:00-8:30	6:30-8:00			
<b>Tumble Level 4/5 1 1/2 hr</b>			7:00-8:30				
<b>TUMBLE OPEN GYM!!</b> \$10/child (max 25) Pre-registration available!					8:00-9:30		
<b>CHEER</b>							
<b>Tiny/Mini/Youth Cheer</b>	5:00-5:55		5:00-5:55 (T/M)				
<b>Junior/Senior Cheer</b>			6:00-6:55				

Age Group	Age as of 8/31/14
<b>Tiny</b>	3-5 yrs
<b>Mini</b>	6-8 yrs
<b>Youth</b>	9-11 yrs
<b>Junior/Senior</b>	12-18 yrs

Tuition Schedule	55 min	1 1/2 hr
<b>1 X Week</b>	\$80/month	\$105/month
<b>2 X Week</b>	\$152/ month	\$199.50/ month

*Unless otherwise noted, tuition is as listed above. Recreational programs offer a sibling discount of 10% each for the 2nd and 3rd sibling enrolled, 50% off for all siblings thereafter. Siblings must be enrolled in recreational classes for the term to qualify. Team discounts are available for team members. Annual membership fee is \$30 individual/\$45 family.*

**\*\*Legacy Loyalty Reward - Earn free tuition by consistently enrolling all year long!!**

## **CHEER AND TUMBLING CLASS DESCRIPTIONS**

### **TINY CHEER, MINI/YOUTH CHEER & JUNIOR/SENIOR CHEER**

Tiny Cheer is a class for 3-5 year-olds, Mini/Youth cheer is a class for 6-11 year-olds, and Junior/Senior Cheer is a class for 12-18 year-olds wanting to learn the fundamentals of cheerleading jazz, pom & hip hop! Students will work on motion placements, jumps, sidelines, floor cheers, stunts, and tumbling. This class is perfect for the child that can't wait to spread some team spirit! GO LEGACY!

### **TINY TUMBLERS & TUMBLE LEVEL 1 (MINI/YOUTH)**

A 55-minute class that is designed for the beginner tumbler 3-5 years of age (Tiny Tumblers) and 6-11 years of age (Tumble Level 1 M/Y). Students learn basic tumbling fundamentals, progressive tumbling skills, and emotional/mental techniques to create a sense of belief in themselves. Some examples of skills taught are Forward Rolls, Backward Rolls, Handstands, and Cartwheels.

### **TUMBLE LEVEL 1 (JUNIOR/SENIOR)**

A 55-minute class that is designed for the beginner tumbler 12-18 years of age. Students learn basic tumbling fundamentals, progressive tumbling skills, and emotional/mental techniques to create a sense of belief in themselves. Some examples of skills taught are Forward Rolls, Backward Rolls, Handstands, and Cartwheels.

### **TUMBLE LEVEL 2**

An invitation only 55-minute class that is designed for tumblers 6 years of age and older that have been invited via their main coach. Students will show continued emotional/mental growth as well as strong listening and behavioral skills as well as possess specific tumbling skills on the floor. Students being invited will receive a special certificate from their coach as their invitation into the class. Students must master all Tumble Level 1 skills. Some required skills are Forward Rolls, Backward Rolls, Handstands, Cartwheels, Bridge Kickovers, and also require Back Walkover with proper technique either on their own or with minimal spotting.

### **TUMBLE LEVEL 3**

An invitation only 90-minute class that is designed for tumblers 6 years of age and older that have been invited via their main coach. Students will show continued emotional/mental growth as well as exemplary listening and behavioral skills as well as possess specific tumbling skills on the floor. Students being invited will receive a special certificate from their coach as their invitation into the class once they have mastered all Tumble Level 1 and 2 skill requirements. This class will focus on learning and mastering skills such as standing and roundoff back handsprings, as well as, standing tucks and roundoff back handspring tucks.

### **TUMBLE LEVEL 4/5**

An invitation only 90-minute class that is designed for tumblers 6 years of age and older that have been invited via their main coach. Students will show continued emotional/mental growth as well as exemplary listening and behavioral skills as well as possess specific tumbling skills on the floor. Students being invited will receive a special certificate from their coach as their invitation into the class once they have mastered all Tumble Level 1, 2, and 3 skill requirements.