



HOT SHOTS CHEERLEADING

Summer 2018
16 WEEKS

181 Iron St. Rome, GA 30165
www.hotshotscheerleading.com

Ages 2-5: Pre-school CHEERNASTICS in the Jungle Gym 6:1 ratio* 45 minutes

Our JUNGLE GYM Instructors LOVE kids! We HAVE FUN teaching our students the basics of cheer & gymnastics: -coordination, flexibility, balance, forward & back rolls plus important beginner skills such as handstands, back bends & cartwheels (2-3 yr old classes will be combined)

2 & 3 yr Tumble Babies: Mon 5:30, Wed 3:45, Thu 6:00 "parent & tot"

4 & 5 yr Tumble Bears: Mon 4:15, Mon 6:15, Tues 3:45, Tues 5:30, Thurs 5:00, Fri 4:00

Ages 6-18: Beginner Back Handspring Classes: Level 1 8:1 ratio* 60 minutes

NO EXPERIENCE NECESSARY! All beginners welcome.

This class is perfect for students who have not yet mastered an unassisted back handspring. We focus on A LOT of repetition and drills such as handstands, front walkovers, & back walkovers, etc., in order master the back handspring & prepare for higher level tumbling in the future.

Mon 4:15, Mon 6:15, Mon 7:15, Tues 4:30, Tue 6:30, Wed 4:30, Thu 4:00, Thu 7:15, Fri 4:00

Ages 6-18: Intermediate Tumbling Classes: Level 2
MUST HAVE BACK HANDSPRING WITHOUT ASSISTANCE

once a student can perform an unassisted BHS, level 2 classes are perfect for pushing to the next level. Students will work on running BHS passes, multiple BHS, back walkover to BHS, and will be introduced to front and back tucks. A lot of repetition and conditioning required! Mon 7-8, Tues 5:30, Tue 7:30, Wed 4:30, Wed 7:00, Thur 4:00, Fri 5:00

Ages 6-18: ADVANCED Classes: Levels 3-5

MUST HAVE BACK TUCK WITHOUT ASSISTANCE once a student can perform an unassisted back tuck, the next goals are pikes, layouts, fulls, & specialty passes. Tues 6:30, Tues 7:30, Wed 7:00, Thur 6:30, Fri 5:00-Lv3 only

"WALK-IN WEDNESDAY" OPEN GYM

Parent drop off 5:30-7:00pm every Wednesday

Current Tumbling Students: \$5ea (\$1 sibs)

Non-current Tumbling Students: \$8ea (\$2 sibs)

Just "walk-in", pay, & PLAY! Ages 4 & up.

Join a Hot Shots Cheer Team!

"early" registration \$25 by 4/29

"on-time" registration \$35 by 5/6

"late" registration \$45 after 5/7

***Ages 4-18**

***No skills required**

***\$129/mo half season team or**

***\$189/mo full season team**

FLIPPIN' FRIDAY

open gym 6-8pm is a parent drop-off event for children ages 4 & up offered **once in May on 5/25 & EVERY FRIDAY in June & July (except 7/6).**

Admission includes 2 hours of playtime and pizza. Bring a water bottle! Pre-registration not required.



Hot Shots offers **AWESOME Flip-N-Fun birthday**

parties on the wknds! Book your party today!

Call 706-235-SHOT

NEW Summer Classes begin

May 7

16 weeks:

May 7-Aug 31

Closed May 28, & 6/30-7/8

Discounts & Details:

\$30 one time registration fee for all NEW students

Sibling discount: Receive 10% OFF all additional siblings.

We LOVE our local School Cheerleaders! School Power Hour students can cross register in our tumbling program and pay only \$25/month extra per class. PH fees must be paid in full at the beginning of the month.