



# Cheer Classes – North Location

## KITTY KAT CLUB (AGES 3-5)

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.

## CHEER 101 "LEARN TO CHEER" (AGES 5-11)

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.

## JUMPS & CONDITIONING (AGES 5-18)

This class will help athletes better their jump flexibility and strength. Athletes will focus on hip flexor, hamstring and core strength, as well as overall jump technique.

## FLYER FLEX (AGES 5-18)

Work flexibility and flying abilities in this 55 minute class. Athletes will work on splits, back, shoulder and hip flexibility, as well as strength to balance out their flexibility. This class will also focus on body control and core strength.

## FLIGHT CLASS - LEVEL 1-2 (AGES 5-14)

This class will cover strength-building, flexibility and body positions, all while learning to refining the skills needed to have strong flying technique and giving athletes time in the air. This is a coach-led class and athletes will be based by coaches or upper level athletes. Shoes required.

## FLIGHT CLASS - LEVEL 3-4 (AGES 5-14)

Learn and refine the skills needed to have strong flying technique. This class will cover core strength-building, flexibility, and body positions, plus give athletes time in the air in stunts. This is a coach-led class and athletes will be based by coaches or upper level athletes. Shoes Required.

*\*AN EVALUATION IS NEEDED FOR THIS CLASS*

### KITTY KAT CLUB (RR)

#### WEDNESDAY

4:00-4:55 pm

### CHEER 101

#### MONDAY

4:00-4:55 pm

### JUMPS & CONDITIONING

#### MONDAY

4:00-4:55 pm

#### WEDNESDAY

5:00-5:55 pm

### FLYER FLEX

#### MONDAY

6:00-6:55 pm

#### WEDNESDAY

6:00-6:55 pm

### FLIGHT CLASS (Level 1-2)

#### WEDNESDAY

7:00-7:55 pm

### FLIGHT CLASS (Level 3-4) \*

#### TUESDAY

5:00-5:55 pm

(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 1 runs for 10 weeks from January 7-March 16, 2024.

The gym will be closed on December 24, 2023-January 6, 2024 for Winter Break.

### Session Tuition:

45 Minutes/week.....	\$183.00	55 Minutes/week.....	\$225.00
1 hour & 25 Minutes/week.....	\$320.00	1 hour & 55 Minutes/week.....	\$385.00

*\*Payment will be broken into two installments due January 3 and February 5.*

### (RR) REC REWARDS

Represents classes that will receive a Rec Rewards ribbon for their class participation at the end of the session.

### MAKE-UP CLASSES

A makeup token will be automatically generated for **one missed class per month**. Additional tokens will be generated for cancelled classes. Tokens may be redeemed within 60 days for classes in the same program and class level via the customer portal. A confirmed makeup reserves a spot for an athlete. Due to the limited numbers of athletes permitted, same day makeup class cancellations or missed makeup classes will not be rescheduled. Athletes must be actively enrolled to schedule and participate in makeup classes.

### ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$55 per student or \$80 per family in order to participate in a CA class. This fee is paid annually & covers administrative & insurance costs.

### IMPORTANT ADDRESS INFORMATION

#### CA North Location:

3773 Monarch Street, Frederick, CO 80516  
303.452.7867

#### CA/DA South Location:

333 Dad Clark Drive, Highlands Ranch, CO 80126  
720.749.3500

### FOR MORE INFORMATION

For class and/or program information, please contact our Tumble Directors:

Becka Gajdosik, [BGajdosik@CheerAthletics.com](mailto:BGajdosik@CheerAthletics.com) or  
Nelson Teague, [NTeague@CheerAthletics.com](mailto:NTeague@CheerAthletics.com). To reach  
our North Gym Director: Mikala Hildreth -  
[MHildreth@CheerAthletics.com](mailto:MHildreth@CheerAthletics.com).

You may also visit our website at:

[www.CheerAthletics.com](http://www.CheerAthletics.com).



Class QR