



Session 3 2009

Peak Athletics Plus
 399 Dad Clark Drive Highlands Ranch, CO 80126
 (303) 797-8082
www.peakathleticsplus.com

Cheer-Tumble Classes

Tumbling Fundamentals
 Forward Rolls, Backward Rolls, Handstands, Handstand Forward Rolls, Cartwheels, Power Hurdle Round-off, Two-Step Round-off, & Bridge Kick Over

Monday
5:15-6:15

Tuesday
5:15-6:15
6:15-7:15

Wednesday
4:15-5:15

Thursday
5:15-6:15

Beginning Tumbling
 Handstand Bridge, Back Walkover, Backward Roll to Hollow Body, Back Handspring Round-off BHS

Monday
5:15-6:15
6:15-7:15

Tuesday
4:15-5:15
5:00-6:00
5:15-6:15
6:15-7:15

Wednesday
4:15-5:15

Thursday
5:15-6:15

Friday
5:15-6:15

Intermediate Tumbling
 Front Walkover, Toe-Touch Back Handspring, Standing Back Handspring Series, Round-off Back Handspring Series, Round-off Back Handspring Tuck, Round-off Tuck

Monday
6:15-7:15

Tuesday
6:15-7:15

Thursday
4:15-5:15

Friday
5:15-6:15

Advanced Tumbling
 Standing BH Back Tuck, Standing Back Tuck, Front Handspring, Running Front Tuck, Front Handspring Stepout, Running Front Tuck Stepout, Round-off BH Layout, Layout Stepout

Monday
6:15-7:15

Tuesday
6:15-7:15
(pending)

Wednesday
4:15-5:15

Thursday
6:15-7:15

Elite Tumbling
 Jumps to Back Tuck, Connected Back & Front Tumbling, Arabian, Round-off Back Handspring Full, Boulder Tumbling, Standing Series to Full, BHS Full, Full thru Full, Double Full, Standing Full

Monday
5:15-6:15

Annual Registration
 Per Child \$45.00
 Per Family \$70.00

Important Notice for Pending Classes
 Pending classes need a minimum of 4 students enrolled

Open Gym
 \$8 per hour
 8 years old and up or Peak team members

General Open Gym

Monday 8:00-9:00
Thursday 8:00-9:00
Sunday 6:00-7:00

Participants in open gym must be registered as current member of Peak.

Program Director
 Tim Bland
tim@peakcheer.com

Tuition per 12 wk term

55 min/wk	\$171/session
1 hr 25 min/wk	\$255/session
1 hr 55 min/wk	\$327/session

All class sessions are 12 weeks in length. Registration for a class is for the full session. Billing by month is only for 1/3 of the session's duration.

'09 - 12 Week Sessions

Session 1: January 5 to March 29
 Session 2: March 30 to June 22
 Session 3: July 6 to September 27
 Session 4: September 28 to Dec 21

High School Tumble
 For 8th graders and up

Work on tumbling skills for high school

Wednesday
8:00-9:00

Thursday
4:15-5:15

Visit us online for staff bios, schedules, team & recital info