



**Spring**  
**'10 Classes**

# Cheer Station

12112 Boardwalk, Austin, TX 78729

WWW.CHEERSTATION.COM



**OFFICE HOURS:**

Monday - Thursday 10:00AM - 8:00PM



**OFFICE:** 512.452.4337



**FAX:** 512.257.3005



## Cheer Class Descriptions

### Tumbling Classes

Tumbling Classes help athletes of all levels and ages attain new and more difficult tumbling skills. Designed for beginners (Level 1) through advanced athletes (Level 5), Tumbling Classes follow a goal of perfection before progression!

### Get it all Class

This class is for students for ages 5-18 that combines cheerleading, jumps, tumbling, dance, conditioning, and more! This is a perfect class for athletes that are interested in learning all aspects of the sport of cheerleading!

### Flyer University

This class is for athletes interested in learning how to "fly". Students will learn basket toss technique, group stunts, dismounts, and collegiate style partner stunts.

### Show Team

Our show team is great for young athletes that want to be a cheerleader and perform in front of an audience. Practices will consist of tumbling, jumps, cheers, motion technique, and more. The show team performs at several exhibitions throughout the year that include the Chuy's Day Parade, halftimes at games, spring shows, competitions, and more.

### Tiny Tumblers

This class is designed for children ages 3-4 that are potty trained and want to learn the basics of tumbling. It is a 45 minute class to help children develop great motor skills and basic tumbling skills in a creative and fun environment!

### Jump Class

This class is designed for athletes wanting to perfect their jump technique. With 30 minutes of jumping and conditioning drills, you will increase the height of your jumps as well as your endurance.

### Tryout Classes (Limited time only!)

This is an ideal class for those interested in trying out for cheerleader at their school, recreational cheer program, or all star program. They will concentrate on jump combinations, tumbling, cheer motion technique and the tryout process. This class is designed for cheerleaders of all ages and levels.

### Cheer Station Team Program

The nationally acclaimed All-Star team program is located right here in Austin. Our teams have been seen on ESPN, HSE, USA and Prime Cable Networks. They have also been featured in American Cheerleader Magazine as one of the top all star gyms in the country. The CSI Flyer teams have won over 250 National Champion Titles and a World Title. There are teams available for all age groups and ability levels. You may obtain more information on the team program from our front office or from one of the coaches.



WWW.CHEERSTATION.COM



# ★ Cheer Station Class Schedule ★



## Power Tumbling Classes

Rebound your way through a fun tumbling class designed to teach cheerleaders the basics through advanced tumbling drills and skills.

**Beginner Level 1-** No experience needed! Will work on basic tumbling skills such as forward rolls, handstands, cartwheels, round offs, back bend kick overs and front walkovers.

**Beginner Level 2-** Must have mastered basics before moving to Level 2. Athletes will work on standing back handsprings, round off back handsprings, and front handsprings. Must be able to perform a round-off back handspring, standing back handspring, and handstand snap down back-handspring before moving to intermediate.

**Intermediate Level 2-** Must have a roundoff back handspring. Students will work on round off back handspring series, front handsprings, and back tuck technique. These skills will have to be mastered before moving to the advanced class.

**Intermediate Level 3-** Must have a series and will work on round backs and round off flip flop backs as well as punch fronts and jump/tumble combinations.

**Advanced Level 4 & 5-** Students will working on round off flip flop lay-outs, fulls, and front tumbling. They will also work on standing backs, jump/tumble combinations, and standing flip flop back tucks.

## Spring '10 Class Schedule

### Monday Class Schedule

|           |  |  |
|-----------|--|--|
| 4:30-5:30 | Beginner Level 1                       |  |
| 4:30-5:30 | Beginner Level 2                       |  |
| 5:30-6:30 | Beginner Level 2                       |  |
| 5:30-6:30 | Intermediate Level 2                   |  |
| 6:30-7:30 | Flyer University (12 & under)          |  |
| 6:30-7:30 | Intermediate Level 2 & 3               |  |
| 7:00-7:30 | Jump Class                             |  |
| 7:00-8:30 | Get it All (Middle School) Level 1 & 2 | *Wait List-see front office (Trying to create class) |
| 7:00-8:30 | Tryout Class                           |  |
| 7:30-8:30 | Advanced Tumbling Level 4 & 5          |  |
| 7:30-8:30 | Open Gym                               |  |

### Tuesday Class Schedule

|           |  |
|-----------|--|
| 4:30-5:15 | Tiny Tumblers (Ages 3 & 4)                             |
| 5:30-6:30 | Beginner Level 2                                       |
| 5:30-7:00 | Get it all (Ages-elementary school) Level 1 Get it all |
| 5:30-7:00 | (Ages-elementary school) Level 2                       |
| 6:30-7:30 | Intermediate Level 2 & 3                               |
| 7:00-8:30 | Get it all (Ages-Middle School) Level 1 & Level 2      |
| 7:30-8:30 | Advanced Tumbling Level 4 & 5                          |
| 8:30-9:30 | Flyer University (12 & up)                             |

### Wednesday Class Schedule

|           |                                       |
|-----------|---------------------------------------|
| 4:00-5:00 | Intermediate Level 2 Beginner         |
| 4:30-5:30 | Level 1 & 2                           |
| 5:30-6:30 | Beginner Level 2 (Ages-middle school) |
| 6:30-7:30 | Intermediate Level 3                  |
| 6:30-7:00 | Jump Class                            |
| 7:00-8:30 | Tryout Class                          |
| 7:30-8:30 | Flyer University (12 & up)            |

### Thursday Class Schedule

|           |   |
|-----------|---|
| 4:30-6:00 | Show Team                                       |
| 4:30-6:00 | Get it all (Ages-elementary school) Level 1 & 2 |
| 5:30-7:00 | Get it all (Ages-high school) Level 1 & 2       |
| 5:30-6:30 | Beginner Level 1 & 2                            |
| 6:30-7:30 | Intermediate Level 2 & 3                        |
| 7:00-8:30 | Tryout Class                                    |
| 7:30-8:30 | Advanced Tumbling Level 4 & 5                   |
| 7:30-8:30 | Open Gym  |

### Saturday Class Schedule

|            |          |
|------------|----------|
| 12:00-2:00 | Open gym |
|------------|----------|

### Sunday Class Schedule

|           |          |
|-----------|----------|
| 2:00-3:00 | Open Gym |
|-----------|----------|



## Open Gym



### **Special Open Gym Information:**

Coach supervision will be provided. **Limited spotting** is available. Open gym is designed to allow current members to enjoy the use of gym equipment at their own pace. Students must be in third grade or above to attend.

### **Open Gym (third grade and above may participate)**

|          |                     |
|----------|---------------------|
| Monday   | 7:30-8:30 PM        |
| Thursday | 7:30-8:30PM         |
| Saturday | 12:00-2:00PM Sunday |
|          | 2:00-3:00PM         |

## Gym Membership



## Private Lesson & Open Gym

### **PLEASE READ THE IMPORTANT INFORMATION BELOW!**

Every private lesson and open gym student must pay a Gym Membership Fee and Registration Fee in order to participate at Cheer Station.

### **Private Lesson Membership Fees**

- \$30 Annual Registration Fee
- \$100 Annual Gym Membership Fee

Private Lesson students must pay the registration fee plus the \$100 annual gym membership fee before any private lesson is taught in the Cheer Station facility. The above fees allow the student to take privates and attend all open gyms. Students will pay their private lesson instructor directly in addition to the \$130 fee.

### **Open Gym Student Membership Fees (Now FREE for all class and team members!)**

- \$30 Annual Registration Fee
- \$100 annual Gym Membership Fee

Open gym students must pay the registration fee plus the \$100 annual gym membership fee before attending open gym. These above fees allow the student to attend any scheduled open gym.

Look on the following page for  
**PRIVATE INSTRUCTION RATES!**





| <u>Description</u>                 | <u>Monthly Tuition Fee</u>  | <u>Times Per Week</u> | <u>Class Length</u> |
|------------------------------------|-----------------------------|-----------------------|---------------------|
| Gym Registration Fee               | \$30 per year               | N/A                   | N/A                 |
| Open Gym Membership                | \$100+\$30 gym registration | per year              | N/A                 |
| Private Lesson Gym Membership Hour | \$100+\$30 gym registration | per year              | 30 Minutes - 1      |
| Get It All class                   | \$80                        | One                   | 1 1/2 hours         |
| Show Team                          | \$80                        | One                   | 1 1/2 hours         |
| Tryout Class                       | \$80                        | One                   | 1 1/2 hours         |
| Tryout Class                       | \$150                       | Two                   | 3 hours             |
| Stunt Class/Flyer University       | \$75                        | One                   | 55 Minutes          |
| Power Tumbling                     | \$75                        | One                   | 55 Minutes          |
| Power Tumbling                     | \$115                       | Two                   | 55 Minutes          |
| Power Tumbling                     | \$155                       | Three                 | 55 Minutes          |
| Tiny Tumblers                      | \$40                        | One                   | 45 Minutes          |
| Jump Class                         | \$40                        | One                   | 30 Minutes          |

**Please note:** Students must pay Registration + First Month Tuition + Last Month Tuition before entering any Cheer Station Class. Payment option forms are required to be filled out during registration. **When students decide to take a break or leave the class, a 30 day notice of intent to leave class must be dropped off at the front office** (forms are available at the front office). When intent to leave notice is received, the deposit will be used for the last month of tuition All Private Lesson and Open Gym students must pay the Gym Membership Fee in order to participate. Ask the front desk about our team programs!

**Payment Options:**

**Option 1:** Receive a \$10 discount if you pay by auto draft from a checking or savings account. **Option 2:**

Receive a \$5 discount if you pay by auto debit from a credit card or debit card.

**Option 3:** If you choose not to pay by the above options, your tuition will be the price listed under monthly tuition fees. It will also depend on how many classes are taken.

**Family Discounts:** \$10 off the second and third child class tuition. The Tiny Tumblers, Jump Class, School Classes, and Tryout Class does not receive discounts for the second child or if you pay by account draft or credit card.

**Tryout Class:** Does not need to pay a registration fee or deposit. Please notify office when registering the number of months you plan on attending this class. Only offered January, February, March, April, and May.



## Cheer Station Private Lesson Tuition

### Individual Privates

### Semi-Privates

| <u>Type</u>       | <u>Hourly</u> | <u>Half-Hour</u> |
|-------------------|---------------|------------------|
| Junior Instructor | \$25          | \$10 \$20 \$20   |
| Instructor        | \$40          | \$25 \$25 \$30   |
| Elite             | \$45          |                  |
| Head              | \$50          |                  |
| Master            | \$55          |                  |
| Senior Master     | \$60          |                  |

- Schedule all privates with your desired Instructor. For a list of the names of all of our instructors please see the front office.

Download the current registration forms online!

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

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Upon enrolling a new student into a Cheer Station Program, the following fees must be collected prior to the student's first class.

1. **Registration Fee** \$30 (per year starting from date of enrollment)
2. **Tuition Deposit** 1 month
3. **First Month Tuition**

Upon enrollment at CSI, you will be expected to pay tuition on or before the **FIRST DAY OF EACH MONTH**. Tuition is due regardless of the number of classes that your child has attended. If you wish to drop your class, A **THIRTY DAY WRITTEN NOTICE WILL BE REQUIRED BY THE 25TH OF THE MONTH PRIOR TO THE MONTH YOU WISH TO DROP IN ORDER TO RECEIVE FULL CREDIT OF YOUR DEPOSIT**. Forms for this thirty day notice are available in the front office. Your deposit holds your child's spot in our class program. If you need to freeze your child's account, please submit your request in writing and we can freeze tuition up to one month.

Tuition is due by the 1st of the month. If your tuition is not received by the 5th of the month, a late fee of \$20.00 will be assessed.

**Monthly tuition is not pro-rated for holidays, missed classes, etc.**



At Cheer Station we understand that classes will be missed for different reasons. With this in mind, please review our class make-up policy.

You may "make-up" one missed class per month on the last Saturday of each month from 12:00-12:50 PM. It is necessary for students to sign-up at the front office prior to the day of the class in order to attend the make-up session. The class may be moved to the first Saturday of the following month, if the last Saturday falls on a holiday.

**We can only offer you this one make-up class per month due to the many class schedules and activities occurring at the gym.**

There will be no additional fees for the make-up class, but you must have missed one class within the month in order to attend the class. If you do not make up your class within the same month, you may not carry over missed classes to the next month.

We will be closed for the following holidays: Labor Day Weekend, Thanksgiving, December 21-January 1st (A.I.S.D. Winter Break) , MLK Day, A.I.S.D. Spring Break, Easter Weekend, Memorial Day Weekend and July 4th.



Please arrive early so that your child will not miss any of the warm-up. Please pick-up your child promptly after class. Children will not be allowed to wait outside for parents. CSI will not be responsible for your child once he/she has left the building.





12112 Boardwalk . Austin, TX . 78729 . Ph. 512-452-4337 . Fax 512-257-3005 . [www.cheerstation.com](http://www.cheerstation.com)

Dear Parent,

We would like to take this opportunity to thank you for choosing Cheer Station National Cheerleader Training Center. Our qualified and experienced staff will provide you with a positive learning environment to improve your skills. The Cheer Station coaches will help you achieve your goals so that you can feel confident in front of your home crowd or the try-out judges.

Over the past 20 years, we have helped hundreds of cheerleaders make their school cheer and dance teams. We have also coached and choreographed over 250 national champion all-star and high school teams and individual competitors and a world champion team. This year, Cheer Station graduates are cheering at the University of Texas, Baylor University, Southwest, University of Oklahoma, University of Louisville, University of Nebraska, University of Virginia, Texas Tech, Sam Houston University, Stephen F. Austin, University of Colorado and many more. Feel confident that you have made the right decision in choosing CSI. We look forward to establishing a long lasting relationship with you and your child.

We welcome you to join in on the fun! If you have any questions please feel free to contact us any time at #452-4337. Thanks again and we are glad that you have chosen to be a part of our family!

Sincerely,

CSI Staff

