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## Fall Classes

**Sept. 8<sup>th</sup> – Nov 23<sup>rd</sup> (11 weeks)**

*\*25% off 2<sup>nd</sup> child in family  
 All-Star Members receive 50% off!*

## INTRODUCTION AND CHEER CLASSES

### Intro to Tumbling Tiny – \$132 (Ages 3-5)

*Introduction tumbling class that focuses on motor skills, balance, and basic fundamentals of tumbling for young athletes between the ages of three and five.*

**Wednesday 4:45 – 5:30 PM**

### Flex – \$154 (All Ages)

*This class will focus on improving flexibility for flying/body positions, jumps, tumbling and overall performance for athletes of all ages and prior experience.*

**Monday 7:40 – 8:30 PM**

### Strength & Conditioning – \$154 (All Ages)

*This class will focus on improving strength, form, agility, and recovery for athletes of all ages.*

**Wednesday 5:10 – 6:00 PM**

## TUMBLING CLASSES

### Beginner Tumbling – \$154 (Ages 5+)

*For ages 5+ No pre-requisite for this class. Will learn Tuck, Straddle, Pike, Hollow, Arch, Hurdle, Cartwheel, Seat Roll, FWRoll, BWRoll, Lunge, Handstand, Handstand Bridge, Back-bend, and other body positions/movements to prepare athletes for Level Tumbling Classes.*

**Monday 4:35 – 5:25 PM**

**Thursday 6:45 – 7:35 PM**

**Saturday 10:00 – 10:50 AM**

### Level Tumbling Classes – \$176 (Ages 5+)

*\*Prerequisite - Must have completed and passed previous level class.*

**Level 1 Prerequisite – Must have handstand, backbend & forward roll.** *Handstand FW roll, R-O, front & back limber, Back-bend kick over, FWO, BWO, FWO cartwheel BWO, BHS w/spot*

**Monday 6:40 – 7:30 PM**

**Tuesday 4:30 – 5:20 PM**

**Thursday 5:20 – 6:10 PM**

**Saturday 9:00 – 9:50 AM**

**Level 3\*** *Standing BHS series, front tuck, toe-touch BHS, R-O BHS back tuck, aerial.*

**Tuesday 5:30 – 6:20 PM**

**Wednesday 6:10 – 7:00 PM**

**Thursday 7:20 – 8:10 PM**

**Level 4\*** *Standing skills to tuck and running skills through to layout*

**Wednesday 7:10 – 8:00 PM**

**Level 2\*** *Standing/running BHS, BWO BHS, FHS, FWO R-O BHS, R-O BHS series.*

**Tuesday 7:40 – 8:30 PM**

**Wednesday 4:10 – 5:00 PM**

**Thursday 6:20 – 7:10 PM**

**Saturday 12:00 – 12:50 PM**

**Level 4/5\*** *This class is designed for flexibility in working through tumbling progressions. Level 4 focuses on standing skills to tuck and running skills through to layout. Level 5 focuses on standing and running tumbling passes through to full.*

**Thursday 8:20 – 9:10 PM**

**Saturday 11:00 – 11:50 AM**

## TEAM ATHLETES ONLY CLASSES

### Squad Goals 2 – \$176

**Monday 5:10 – 6:00 PM**

### Squad Goals 3 – \$176

**Monday 6:15 – 7:05 PM**

### Squad Goals 4/5/6 – \$176

**Monday 8:25 – 9:15 PM**

### Squad Goals 4/5/6 – \$176

**Wednesday 8:30 – 9:20 PM**

**Specialty Skills – \$176** *Athletes will learn combination passes like Punch Front Step Out into a level appropriate pass. They will also focus on whips & arabians in combination with level appropriate tumbling passes.*

**Monday 7:25 – 8:15 PM**