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2020-2021 Winter Classes Nov. 30th – Feb. 27th (11 weeks)

No class Dec. 21st – Jan. 2nd

*25% off 2nd 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.

Monday 4:30 – 5:15 PM

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 6:40 – 7:30 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

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 4:25 – 5:15 PM

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 3 – \$176

Monday 5:45 – 6:35 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