



## RECREATIONAL CLASSES

### **Recreational Performance Team -**

Athletes will learn a routine to perform at three events in the community. Tumbling, stunting, jumps, and dance instruction will be included. Tuition Cost: \$50 per month and includes a CMAS sparkle tank, bow, and shorts are included.

### **CheerNastics TINY & MINI -**

CheerNastics! It's the best of both worlds, tumbling and cheer, together in one class. This class is split by ages and will teach tumbling every week with a rotating format of Stunts, Cheers & Chants, Dance, & Jumps. Tumbling will focus on the foundation of cartwheels, round offs, backbends, walkovers, and basic connected tumbling skills. Tuition Cost: \$40 per month

**MOMMY & ME** - This 45 minute class is a great introduction to gymnastics and tumbling for you and your little one! Tuition Cost: \$35 per month

## COMPETITIVE TEAMS

Our All Star teams are for ages 3-18 years old. Teams practice two to five hours a week. Competitive teams attend several competitions throughout the year.

We would love for you to join our family, call any time for more information about All Star Teams.

573-825-3158

## TUMBLING CLASSES

Our tumbling classes are coached by USASF certified coaches. Athletes can pick the best class for them by choosing from levels 1-5.

**Leveled Tumbling Class:** \$40 per month.

**Recreational School Tumbling:** offered as a specific class geared towards school cheer, \$40 per month.

**Private Lessons:** offered by scheduling with one of our certified coaches!







*"I'd rather regret  
the risks that  
didn't work than  
the chances I  
didn't take at all."*

-simone biles-



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**CENTRAL  
MISSOURI  
ALL STARS**  
competitive cheerleading