

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

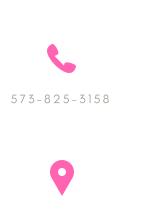
TUMBLING CLASSES

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!







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CENTRAL MISSOURI ALL STARS competitive cheerleading