

FIVE-STAR SPORTS & ENTERTAINMENT ACADEMY

21 Ryder Place, East Rockaway, NY 11518

Tel: 516 887-6600 *or* Fax: 516 887-6635

www.5starsportsacademy.com

ACRO-TUMBLING 2017-2018 CLASS SCHEDULE

Time/Day	MON	TUES	WED	THURS	FRI
5:00 – 6:00 pm	Beginner Class	Beginner Class	Beginner Class	Beginner Class	Beginner Class
6:00 - 7:00 pm	Intermediate Class	Intermediate Class	Intermediate Class	Intermediate Class	Intermediate Class
7:00 - 8:00 pm	All Levels Tumbling 10-13 yrs Drop-In \$20	All Levels Tumbling 10-13 yrs Drop-In \$20	All Levels Tumbling 10-13 yrs Drop-In \$20	All Levels Tumbling 10-13 yrs Drop-In \$20	All Levels Tumbling 10-13 yrs Drop-In \$20
8:00 – 9:00 pm	High School Tumbling 9 th -12 th Grade Only Drop-In \$20	High School Tumbling 9 th -12 th Grade Only Drop-In \$20	High School Tumbling 9 th -12 th Grade Only Drop-In \$20	High School Tumbling 9 th -12 th Grade Only Drop-In \$20	OPEN SKILL SESSION (7-12 YRS) 8:30 -10:00 PM (13 YRS & UP) 10:00 – 11:30 PM \$20.00
9:30-11:00 PM		Open Skill Session 18 yrs & Up (Drop-In) \$20.00	Open Skill Session 18 yrs & Up (Drop-In) \$20.00	Open Skill Session 18 yrs & Up (Drop-In) \$20.00	

ACRO-TUMBLING (Acrobatic Tumbling)

Welcome to Five-Star's Acrobatic Tumbling program, designed to provide quality instruction for beginners through to advanced competitors. Each class is developmentally appropriate and follows a curriculum aimed at building confidence and competence in a supportive and professional environment.

Classes are grouped according to ability and we monitor our student-staff ratio of 10:1.

PROGRAM DESCRIPTIONS

The Five-Star's Acro-Tumbling program offers several types of classes to fit your child's needs for any level of acrobatic dancing and/or cheerleading. If you have never had any experience, if you want to tumble, dance or cheer on a recreational league team, junior high or high school team, All-star competition team, or preparing for college, we have a class for you!!

Beginner Class:

Skills Covered: Forward & Backward Rolls, Handstands, Cartwheels, Round-Offs, Dive Rolls, Front & Back Walkovers

Intermediate Class:

Skills Covered: Standing Back Handsprings, Round-Off Back Handsprings, Back Walk Over Back Handsprings, Side Aerials, Front Handsprings & Various Combination Series.

All Levels Tumbling Drop-In (10-13 yrs):

Skills Covered: Handstands, Cartwheels, Round-Offs, Dive Rolls, Front & Back Walkovers, Back Handsprings, Back Tucks, Arabians, Layouts, Full Twists, Double Full Twists, & Advanced Level Combination Series.

High School Tumbling Drop-In (9th-12th Grade ONLY!):

Skills Covered: Handstands, Cartwheels, Round-Offs, Dive Rolls, Front & Back Walkovers, Back Handsprings, Back Tucks, Arabians, Layouts, Full Twists, Double Full Twists, & Advanced Level Combination Series.

Open Skill Session participants under the age of 18 MUST be enrolled in a Five-Star class or be evaluated by a Five-Star Head Instructor/Director to participate in any skill session.

Adult Gymnastics: Gymnastics/Tumbling drop-in class WITH instruction.

FIVE-STAR ARTISTIC SPORTS & ENTERTAINMENT ACADEMY

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TUITION FEES & PAYMENT OPTIONS

<u>Class</u>	<u>Full Tuition</u>	<u>*10%</u>	<u>Monthly</u>
Beginner	\$1,160	\$1044	\$116
Intermediate	\$1,160	\$1044	\$116
Acro-Tumbling Drop-In Classes	- \$20.00		
Adult Open Skill Session	- \$20.00		

2017-2018 Session begins

Tuesday, September 5th, 2017 – Saturday, June 23, 2018

*Classes paid in full at time of enrollment receive a 10% discount. This promotion extends through January 31, 2018.

Choice of the monthly payment plan requires payments to be satisfied by the 1st of every month.

Those who choose the monthly payment plan are required to pay the first and last month's payments at time of enrollment.

A Completed Online Registration Contract and Liability Waiver is required for placement into class.

OUR FACILITY

FIVE-STAR ARTISTIC SPORTS & ENTERTAINMENT

ACADEMY is one of the largest facilities of its type on the South Shore.

Occupying over **20,000 Sq. Ft.**, we offer:

- ☆ **2 Full 40' x 40' Spring/Foam Floors**
- ☆ **Full Size Competitive 7'x14' Floor-Level Trampoline**
- ☆ **50' Tumble Track/Trampoline**
- ☆ **400 Cu. Sq. Ft. Loose Foam/Resi Pit**
- ☆ **AA1 Spring Balance Beams**
- ☆ **Uneven Bars, High Bar**
- ☆ **Still Rings**
- ☆ **2 AA1 Vaulting Tables**
- ☆ **3 mirrored Dance Studios**
- ☆ **Exclusive Rock Climbing Tread Wall**
- ☆ **Exclusive Trench/Canyon Bar**

MAKE-UP POLICY

MAKE-UP POLICY: In the event of absences or class closures, students enrolled must make-up their classes **within TWO WEEKS of the absence**. Classes which are **NOT** made-up within **TWO WEEKS** are forfeited and will not be credited. Non-attendance for any scheduled make-ups will also be forfeited and will not be credited. In the case of long-term illness, please contact CS&R and arrangements will be made regarding missed classes.

Please call 516-887-6600 to schedule a make-up class.
A pass is required from the front desk prior to entering class.

FIVE-STAR RESERVES THE RIGHT TO CANCEL, COMBINE OR RESCHEDULE CLASSES