



Champion Athletics

Session 1 - August 10th - October 29th

"Making Champions ON & OFF the Mats" since 2007 in
Gymnastics - Uneven Bars, Balance Beam, Vault, Floor & Trampoline
Power Tumbling - Floor & Trampoline & Acro - Acrobatics & Flexibility
Cheerleading - Floor, Trampoline, Jumps & Stunts

Monday

4:45-5:30 Champs Gymnastics (3-5yrs)
5:30-6:00 Parent & Me (Walking-3yrs)
5:30-6:30 Beginners Gymnastics (6yrs-up)
5:30-6:30 Intermediate Gymnastics (6yrs-up w/Back Walkover)
5:30-6:30 Advanced Tumbling (6yrs-up w/Back Handspring)
6:00-6:45 Champs Gymnastics (3-5yrs)
6:30-7:30 Beginners Tumbling (6yrs-up)
6:45-7:30 Advanced Champs Gymnastics (3-5yrs w/Cartwheel)
6:30-7:30 OPEN GYM (\$5 for the hour - open practice/no coach)
7:00-8:00 Vanoss High School Cheer Squad (Invite Only)

Tuesday

4:45-5:30 Champs Gymnastics (3-5yrs)
5:30-6:30 Beginners Tumbling (6yrs-up)
5:30-6:30 Intermediate Tumbling (6yrs-up w/Back Walkover)
5:30-6:15 Champs Gymnastics (3-5yrs)
6:15-7:00 Preschool Ninja Warrior (3-6yrs)
6:30-7:30 Beginners Gymnastics (6yrs-up)
6:30-7:30 Ninja Warrior (7yrs-up)
6:30-7:30 OPEN GYM (\$5 for the hour - open practice/no coach)

Thursday

4:30-5:30 Acro & Aerials (6yrs-up - great for dancers!)
5:30-6:30 Beginners Gymnastics & Tumbling Combo (6yrs-up)
5:30-6:30 Back Handspring & Beyond 6yrs-up w/Back Walkover
6:30-7:30 Intermediate Gymnastics & Tumbling Combo (6yrs-up)
6:30-7:30 Cheer Prep & Tumble (5yrs-up)
6:30-7:30 OPEN GYM (\$5 for the hour - open practice/no coach)

Private Lessons - available Mondays-Thursdays

one on one training in Cheer, Power Tumbling and Gymnastics!

Email: adachampionathletics@gmail.com to Book.

ENROLL NOW: www.championathletics.net

Must prepay to get a spot!