



# CheerForce™TEN

## Academy of Cheerleading & Dance



### *Recreational Classes*

**PLEASE NOTE OUR MOST RECENT COVID POLICIES WILL SUPERCEED ANY CONFLICTING INFORMATION BELOW, (EG WE CURRENTLY HAVE A CLOSED GYM POLICY FOR ALL OUR CLASSES WITH THE EXCEPTION OF OUR TINY TOTS CLASS). YOU MUST ARRIVE 10 MINUTES BEFORE YOUR SESSION AND HAVE COMPLETED ALL NECESSARY PAPERWORK ONLINE IN ADVANCE. FOR MORE INFO PLEASE SEE OUR COVID INFORMATION.**

CheerForce™TEN is proud to have the following recreational classes available to everyone.

Please note if you are a **CheerForce competing athlete** these classes are **NOT** included in your monthly class fees, except DANCE TECHNIQUE. If you are a member of any CheerForce Dance team, you receive **ONE** dance technique class, **FREE** per week, if second class attended £7

#### **ELITE STRETCH CLASSES: £6 Per Session or £20 for a 4 week block**

Our Elite Stretch classes are new for this season and available to all ages and abilities, including absolute beginners. Within these sessions athletes will participate in a quick cardio warm up followed by deep stretching.

Athletes will learn a range of stretches, that can be practiced at home and create a greater understanding of body positions needed to stretch safely and effectively.

The classes will also cover a variety of stretches including splits, box splits, over splits and leg holds, along with many more.

These classes will help benefit those wanting to increase their flexibility using the correct methods in order to do so. Our minimum age is 6 years and classes are around 50 minutes long.

#### **HOW TO FIND US:**

We are based at Unit 42 Ketley Business Park (right next to the Shropshire Star offices near the traffic lights in Ketley). Just 5 minutes away from Telford town centre and the M42.

**The CheerForce Gym, Unit 42 Ketley Business Park, Ketley, Telford, TF1 5JD**

We have parking on site. *Please be respectful to other businesses using the parking areas and try to park outside our unit where possible, we understand in busy periods this is difficult – please just ensure that no other business have their doorways blocked.*

#### **WHAT TO WEAR:**

On your first session please wear comfortable gym clothing, hair tied up securely with clean indoor trainers, or socks. For dance please wear socks or jazz shoes.

After you have received your Membership Tee, please wear this to further sessions, there will be further official CF merchandise on offer throughout the season too. In the colder months the gym can be very cold, please wrap up warm.

#### **\*WHAT TO DO WHEN ARRIVING FOR YOUR FIRST SESSION:**

Upon arrival on your first session:

- Arrive 10 mins before the start of the class in order to pay and register.
- Head into the gym using the rear entrance, reception desk is located just inside the door;
- Athlete or parent/guardian to check-in athlete at reception desk and pay for class;
- Athlete to stow any coats/ unused used belongings in storage buckets on arrival - putting drink on drinks table.

- After forms are completed, parents/guardians to leave the gym returning at session end time;
- Ensure you have 'liked' us on Facebook at **@cheerforceten** to keep up to date with any class changes or cancellations. We aim to email all members with any class changes, however this is sometimes not possible, with unforeseeable circumstances – so please like us on FB to receive up to date information.

## **\*RULES FOR PARENTS/GUARDIANS:**

For the safety and best interests of our athletes and coaches, we operate a 'closed gym' policy for all our classes. Spectators are not permitted, with the exception of our Tiny Tots class, where parents are encouraged to join in.

If you have a particularly nervous new athlete, we are happy for a parent/guardian to wait upstairs during their first session.

There will be plenty of opportunities to see what your athlete has been working on throughout the season, coaches will invite parents/guardians in earlier to watch a mini routine/tumble achieved etc. To make these moments special please respect our rules and if arriving earlier to collect, head upstairs to our athletes' lounge, until the class has finished.

## **COSTS**

- recreational class costs are listed in the class descriptions, payable in cash only on arrival with exact change.
- We are able to take payment for '4 week blocks' at a discounted price information on relevant class info. This payment can be made via BACS to the following:

**CHEERFORCE LIMITED    sort code 40-13-24    Account Number 61501119**

- On an athletes' second session Academy Membership fee of **£20** will be due. This includes a FREE CheerForce Tee to wear at training and covers all our insurances etc. You can choose to pay this straight away or before your third session.
- Your tee size will then be taken on arrival at your third session, if not taken previously.

Academy membership can be paid via BACS (see below) or in cash **ON** or **BEFORE** your 3<sup>rd</sup> session.

**CF COMP LTD                      Sort Code: 54-10-36                      Account Number: 14637758**

**(please note this account is different to the one listed above for 4 weekly block payments)**

We cannot wait to welcome more new faces to the CheerForce Gym. If you have any questions that are not already covered in this document, please ask us on your first visit! We will be happy to help!

Until then, best cheer and dance wishes,

*Rachael Smart*

Program Director & Head Coach - **CheerForce™ TEN**

07966 966 026

[Cf10believe@hotmail.com](mailto:Cf10believe@hotmail.com)

[www.cheerforce.co.uk](http://www.cheerforce.co.uk)

## **FREQUENTLY ASKED QUESTIONS:**

- **CAN I PAY FOR A MONTHS WORTH OF SESSIONS IN ONE GO?**  
you can pay for a 4 week block - however please note these sessions are none-refundable if not attended. Costs are listed alongside class info.
- **\*IT IS EASIER FOR ME TO STAY AT THE GYM DURING MY CHILD'S CLASS, CAN I WAIT UPSTAIRS?**  
We operate a closed gym policy during our session, with the exception of our tiny tots class, and any nervous first time athletes. Please respect our policy; there is a retail park and Telford town centre within a 5 minute drive. If you would like somewhere to go and relax whilst you athlete attends class.
- **MY CHILD HAS EXPERIENCE WITH GYMNASTICS/CHEER WHAT SESSIONS SHOULD THEY ATTEND?**  
Our Competing team selections take place every year with teams set for the season following this. However, we may have further opportunities within the academy. If you contact the Head Coach directly she will be able to advise you further. Please contact [cf10believe@hotmail.com](mailto:cf10believe@hotmail.com) We have waiting lists running for future seasons and can work with athletes over this course of time through our recreational classes etc to get them ready for competing team assessments.
- **I HAVE A BEGINNER INTERESTED IN YOUR COMPETING TEAMS – WHAT DO I DO NEXT?**  
Please speak to the Head Coach directly on [cf10believe@hotmail.com](mailto:cf10believe@hotmail.com), Our Competing team selections take place every year with teams set for the season following this. However, we may have further opportunities within the academy based on the time applied etc. We have waiting lists running for future seasons and can work with athletes over this course of time through our recreational classes etc to get them ready for competing team assessments.
- **DO I NEED TO BOOK MY FIRST CLASS?**  
No, all we ask is that you complete the application form online so we hold your most up to date information, you are then free to be able to pay as you go and attend any relevant sessions.  
Please keep up to date with our most recent covid guidance.  
We look forward to welcoming you to the CheerForce Gym soon!