



# 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**

#### **CHEERLEADING AND GYM CLASSES: £6 Per Session or £20 for a 4 week block**

Our Cheerleading and Gym/Tumble classes are available to all, including absolute beginners. Within these sessions we will be covering basic aspects of cheerleading such as, stunting and jumps, as well as covering gym/tumble technique.

Stunting involves athletes lifting each other from the performance surface in various ways, teaching teamwork and confidence and building strength and co-ordination.

Jumps are a fun aspect of tumbling and cheer, and involve hitting exciting body positions in the air whilst jumping from the sprung floor, an excellent aid to flexibility training.

Gym/Tumble technique will cover all the body position basics you would expect to find in a gym/tumble class, creating a greater understanding of the core body positions needed to tumble safely and effectively. We will be working with all basics and in some cases intermediate skills such as handstands, cartwheels, backwalkovers etc.

In some sessions athletes will be given the opportunity to join in and learn mini routines.

Classes will take place on our sprung floor, using lots of exciting equipment. Cheerleading and Gym classes are separated into age relevant groups set upon arrival. minimum age is 4 years. Class times currently run around 50 minutes.

#### **FUN TUMBLE CLASSES: £6 Per Session or £20 for a 4 week block**

Our Fun Tumble classes are available to all athletes, whether recreational or competing, and all levels of ability including absolute beginners.

We will be focusing on the body position basics you would expect to find in a gym/tumble class, creating a greater understanding of the core body positions needed to tumble safely and effectively.

For athletes who have achieved all their beginners' tumble skills (LV1) within these sessions, we will be exploring our Gym/Tumble skills at a more intermediate level (LV2+). Most importantly our Fun Tumble classes' focuses on the FUN of tumble, with exciting stations set up across our sprung floor helping all ages explore different ways to challenge themselves and strengthen their bodies. Our minimum age is 6 years and classes are 45 minutes long.

**OPEN TUMBLE MONTHLY CLASSES: £6** These sessions are not coached, but supervised, every athlete attending needs to take ownership of their own skills.

Open Tumble is an excellent opportunity for athletes to work on their personal tumble/gym goals, they can attend individually or as part of a group.

Sessions will take place on our sprung floor, with additional equipment available. Minimum age is 8 years. These sessions are around 2 hours long.

### **TINY TOTS CLASSES: £5 Per Session or £17 for a 4 week block**

Our Tiny Tots classes are available to ages 2 & 3 years, with very limited availability.

Whilst our other classes begin at 4 years old, our tiny tots classes are a great introduction for ages 2 & 3 years and their parents to the world of cheerleading and dance. They will look forward every week to meeting up with other toddlers to share activities that will stimulate their imagination and help them develop strength, co-ordination and confidence. Classes are 30 minutes long which is just the right amount of time to engage toddlers at this age

From the age of 2 years old toddlers generally become more independent and will be happy to take the lead by themselves in the safe knowledge that their grown up is in the room.

Classes will take place on our sprung harlequin floor, using lots of exciting equipment. Parents are invited to join in and take part in all aspects that their child is learning.

### **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.

### **DANCE ROULETTE CLASSES: £6 Per Session or £20 for a 4 week block**

Dance Roulette classes are also new for this season. Each week our coach will pick a different style of dance 'out of a hat'. This could be lyrical or hip-hop, jazz or Bollywood, all styles of dance will be covered by our coaches. ALL ARE WELCOME!

The session will consist of a quick genre related warm up, followed by a couple of exercises which will help dancers understand the style of dance covered within that session.

The classes will focus on learning both about the style and the combination created by our coaches. At the end of the class, dancers will have the opportunity to perform the routine to the rest of the class in big and small groups.

The style of dance for the following weeks' class will then be chosen. Our minimum age is 8 years and classes are 50-55 minutes long.

**CFX TRICKING & TUMBLE CLASSES: £7 Per Session or £24 for a 4 week block** These sessions are coached by our tricking expert CFX Head Coach, Reece and are available to all, including absolute beginners. Within these sessions all aspects of tricking are covered.

Tricking is a training discipline that combines kicks with flips and twists from gymnastics as well as styles from breakdancing.

Our 'tricksters' love to learn cool moves seen in the movies!

Sessions will take place on our sprung floor, with additional equipment available. Classes are separated into age relevant sessions and our minimum age is 6 years. Classes are around 50-55 minutes long.

### **\*SKILLS\* DANCE TECHNIQUE CLASSES: £7 Per Session or £24 for a 4 week block**

Our Dance technique classes are available to all athletes, whether recreational or competing, and all levels of ability including absolute beginners. Dance Competing athletes will have this session included within their monthly fees.

These classes will cover all basic elements and fundamentals needed within dance. Technique is essential for all athletes' to progress safely and effectively – instilling the correct technique that will stay with them throughout their dancing journey.

The class will start with a basic warm-up and covering a range of ballet based exercises working core balance, flexibility and strength. This will be followed by work around leaps, jumps and turns, learning and understanding the drills that help build these skills.

Classes will take place on our sprung harlequin floor, using our bars and equipment. Classes are 50-55 minutes long and our minimum age is 8 years.

### **\*SKILLS\* TUMBLE CLASSES (LEVEL 1-3+): £7 Per Session or £24 for a 4 week block**

Our Tumble classes are available to all our Cheer competing athletes and included within their monthly fees.

Recreational athletes who have received an invitation following an assessment may also attend. To arrange an assessment please contact us.

These classes will cover Tumbling based on levels as determined by the USASF. Athletes will be able to move up through the levels as they progress and learn new skills.

Classes will take place on our sprung tiffin floor, using our equipment. Classes are 50-55 minutes long and our minimum age is 6 years.

### **\*Not available at this time coming soon\* CHEER DANCE CLASSES:**

Our Cheer Dance classes are available to all, including absolute beginners. Within these sessions we will be covering basic aspects of cheer dance, lyrical dance and pom dance.

Cheer dance involves high energy hard hitting motions with lots of attitude and performance. Lyrical dance involves basic ballet technique with a strong focus on flexibility and control. Pom dance involves a mixture of cheer and lyrical dance whilst creating wonderful visuals with our Cheerforce poms.

In some sessions, athletes will be given the opportunity to join in and learn mini routines.

Cheer Dance Classes will take place on our sprung harlequin dance floor, are separated into age relevant groups set upon arrival. minimum age is 4 years.

## **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!

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