

## Tiny-Tot Tumbling

**Tumbling:** (3 - 5 yr.) This class is designed to introduce basic gymnastics terms, strength, balance, body awareness, and tumbling skills incorporated through obstacle courses as well as other equipment. This class focuses on conditioning, strength, flexibility and basic tumbling. Group games are introduced in this class.

## Little Eagle Cheerleading

**Cheerleading:** (3 - 5 yr.) This is a beginner level team for first and second year children. Basic cheerleading skills will be taught, in a fun and safe environment. Attend once a week for 1 hour and learn the fundamentals of motion techniques, jumps, voice, dance, basic tumbling, and stunts. Each child will need a uniform and will be required to pay a booster fee (additional cost). This squad will perform in the local area only.

Champion offers many programs. Please check out our website for more details:

[www.championall-stars.com](http://www.championall-stars.com)

842-3200

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