



Summer Cheer/Tumbling Classes

at the Casey Community Center
101 Old Moncks Corner Road

Tuesdays: June 14-Aug 9 (no class July 5)	Thursdays: June 16-Aug 11 (no class July 7)	Saturdays: June 18 – Aug 13 (no class July 2)
4:00-5:00pm Cheer/Tumble (Levels 1,2 &3)	4:00-5:00pm Cheer/Tumble (Levels 1,2 &3)	10:00-11:00am Cheer/Tumble (Levels 1,2 &3)
5:00-6:00pm Back Handspring (Levels 2 & Up)	5 – 6 pm Cheer/Tumble (Levels 1,2 &3)	11:00-12:00pm Fly and Stunt (All Levels)
6:00-7:00pm Fly And Stunt (All Levels)	6 – 7 pm Fly and Stunt (All Levels)	12:00-1:00pm Back Handspring (Levels 2 & Up)
7:00-8:00pm Cheer/Tumble (Levels 1,2 &3)	7 – 8 pm Back Handspring (Levels 2 & Up)	

*Cheer/Tumble Class-Classes include five levels of advancement using the fundamentals of tumbling and cheer motions, jumps and stunts. Awesome class for Try Outs and New Students.

- Lv1(Cartwheels, Round Offs, Back and Front Walkovers)
- Lv2(Back and Front Handsprings)
- Lv3(Series Back Handsprings and Front and Back Tucks)
- Lv4(Layouts, Standing Back Tucks)
- Lv5(Twisting Skills)

*Fly and Stunt Class- This class will teach full progressions in Stunting and Flying for all levels of experience. Flexibility and strength will be gained as well as muscle memory. Also a great class for new Flyers.

*Back Handspring Class-This class specifically focuses on this skill by drills that increase core strength and muscle memory.

**Boys & Girls
Ages 3 - up
Classes are geared
toward the
beginner, intermediate &
advanced tumblers.
Students will be grouped
by ability level.**

Cost for 1 class a week for
8 Week Session:
\$80 residents / \$85 non-residents
Class Attire: t-shirt, shorts, cheer
or tennis shoes.



Robin Ridout, owner of C3 Cheerleading and her coaching staff are delighted about the opportunity to share their passion of tumbling and cheerleading in these fun and educational classes.

For more information contact the Casey Community Center at (843)572-1321, the Goose Creek Community Center at (843)569-4242 or visit www.goosecreekrecreation.com