Tumble and Cheer Class



Wednesdays + Fridays 3:30-5:00pm.

Cost: $10/class = $140 for the session + $20 OTA fee =
$160 TOTAL

18 classes, February 5th-April 11th.
Half school days will be scheduled 12:30-2:00.

Come learn to tumble and cheer with Cali Coast Elite coaches. Check out our staff bios at www.Calicoastelite.com Each class will consist of the follow:

Stretch
Warm up
Jumps
Tumbling
Stunting
Routine Choreography

All tumbling and stunting will follow USASF safety progression. Please wear clothing that you can stretch and move it. Bring a water bottle and girls hair should be up in a pony tail. Email Coachbetty@calicoastelite.com with any questions. Please make check out to Cali Coast Elite.

Student Name_____**Grade**_____

Parent/ Guardian Name_____

Home Phone (_____)_____ **Work Phone (_____)**_____

Email_____

Medical Issues?_____

While my child is participating in Cali Coast Elite Cheer and Tumble at Old Town Academy I acknowledge all risks on his or her behalf and likewise assume all responsibility for any injury or damages that may occur. I release, discharge and covenant not to sue Cali Coast Elite instructors, other participants, and owners/lessors of premises used to conduct the activities. I have read the above waiver and release and understand that I give up substantial rights by signing it and I sign it voluntarily. I give my permission for my child to be videotaped, photographed, and/or interviewed for promotional purposes while attending Cali Coast Elite Cheer and Tumbling at Old Town Academy.

Signature_____

Please Print Name_____