



Arizona Heat Elite
 1830 E. Baseline Road, Ste. 108
 Mesa, AZ 85204
 480-539-1134

Class Schedule Effective 7-06-09 to 8-01-09

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10am	Level 1 Level 2	S & F Elem. O.G.	Level 1 Level 2 S & F		Level 1 Level 2 S & F		
10-11am	Level 3 Level 4 Level 5	Flight	Level 3 Level 4 Level 5 Flight		Level 3 Level 4 Level 5	Level 1 Level 2	
11-12pm						Level 3 Level 4	
12-1pm							Level 4 Level 5
1-2pm							Level 1 Level 2 Level 3
5-6pm	Level 1 Level 2 Flight		Level 1 Level 2 Level 3				
5:30-6:30	Adult B.C.						
6-7pm	Level 2 Level 3 Cheer Flight	Level 1 Level 2 Flight Adult B.C.	Level 1 Level 2	Level 1 Level 2 Adult B.C.			
6:30-7:30	Level 5		Adult B.C. Level 5	Level 5			
7-8pm	Level 1 Level 2 Level 3 Level 4	Level 2 Level 3	Level 3 Level 4	Level 1 Level 2 Level 3 Level 4			
8-9pm		Level 5					

Key:

- Adult B.C.**= Adult Boot Camp
- Flight**= Flight School
- Cheer**= Cheer Training
- S & F**= Strength and Flexibility
- Elem. O.G.**= Elementary Open Gym

Arizona Heat Elite Cheer Center Class Information

Class Descriptions:

-Level 1 Tumbling:	Intro to tumbling. This is for any student who has never tumbled before and wants to learn how.
-Level 2 Tumbling:	This level utilizes drills that build skills and strengths to develop backhandsprings.
-Level 3 Tumbling:	This level you must be able to perform a backhandspring consistently without a spot. Classes will work series backhandsprings, round-off backhandsprings and back tucks.
-Level 4 Tumbling:	This level you must be able to perform a running round-off backhandspring tuck consistently without a spot. Classes will work round-off backhandspring layouts.
-Level 5 Tumbling:	This level you must be able to perform a running round-off backhandspring layout consistently without a spot.
-Elem. Open Gym:	Open Gym designed just for elementary age kids.
-Cheer Training:	Focuses on motions, jumps, stunting techniques and cheer basics.
-Flight School:	Bases are provided. Students learn to fly in stunts and improve skills. Each class is limited to only 6 students.
-Strength and Flex.	Focuses on the strength and flexibility for flyers, to help improve their body positions and overall flying abilities.
-Adult Boot Camp:	This class is 2 days a week. Do you want to improve or maintain your current fitness level? Our indoor/outdoor military style fitness program is just what you need. Boot camps are the current fitness craze because of their agility, power, balance, flexibility and more.

Classes Available By Request/ Waitlist:

-Parent-Tot Class:	Improve your flexibility, strength and balance while helping your toddler develop his or her gross motor skills. You will benefit from improved physical fitness while your child will enjoy a fun time of activity and bonding with you. Ages 3 and under.
-Tryout Prep Class:	Are you tryout out for school cheer or one of our competitive all-star teams and need to focus on improving your skills? This is the class for you.

Costs:

-Registration Fee:	\$25 due annually on your anniversary
-Class Fees:	1 class per week per month= \$70 * Each additional class is another \$25 (ex: 2 classes per week per month= \$95)
-Flight School Fees:	1 class per week per month= \$85 * Each additional class is another \$25
-Adult Boot Camp:	AZ Heat Member= \$25 a month Non Member= \$50 a month

Notes:

- All first time perspective class members may take a free trial class before signing up.
- Classes may be cancelled if enrollment is low.
- All students will be evaluated during the first week of classes and will be moved if needed.
- Classes are set up on a month-to-month basis.
- We ask that you have a credit card on file. All cards will be charged the first full week of each month
- If not continuing, a 15-day written notice is required. You can email your notice to mitchell@arizonaheat.org or drop it off at the front desk.
- Registration fee is an annual fee due on your anniversary every year. Any lapse in classes will result in paying an additional registration fee.
- No refunds will be given. Any regular scheduled classes can be made up by attending another class at the same level or a different style of class during the month of absence.
- Please check our website each month for any additions to our schedule or cancelled classes www.arizonaheat.org