



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

Schedule Effective 3-01-10 to 4-03-10 (NO CLASSES 3/15-3/20 DUE TO SPRING BREAK)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am-11am						Level 1 Level 2	
11-12pm						Level 3 Level 4	
3:30-4:30PM	Highland Junior V.		Highland Varsity				
4-5PM	Level 1 Level 2 Level 3	Sizzle T.	Hot Stuff T.	Level 1 Level 2 Level 3			
5-6pm	Highland Fresh			Level 2 Level 3			
5:30-6:30pm	Level 1 Level 2 Flight Glow (Ages3-8)	Back Draft T Level 1 Level 2	Burn Tumble Glow(Ages 3-8) Level 1 Level 2	Cheer Back Draft T			
6-7pm	D. Group Level 4 Level 5	Level 4 Level 5	Dobson	Level 4 Level 5	Level 1 Level 2 Level 3 YCOA		
6:30-7:30pm	Level 2 Level 3 Cheer Flight	Level 1 Level 2 Flight	Level 1 Level 2	Level 1 Level 2 Level 3		Open Gym 6 to 9PM	
7-8pm	Phx Tum. Adult B.C	Illuminate Tumbling	Phx. Tumble Adult B.C. Level 3 & 4	Illuminate Tumbling	YCOA		
8-9pm	Level 2 Level 3 Level 4	Level 2 Level 3 Level 4		Level 2 Level 3 Level 4			

-S & F = Strength and Flexibility -**Adult B.C**= Adult Boot Camp **Jazz** = Jazz Dance Class for Beginners
 -**Flight**= Flight School - Twisting = Twisting Tumbling
 -**Cheer**= Cheer Training -**Front T.**= Front Tumbling ***Open Gym**: Open for Students to Play,
 -**Level 1-5**= Tumbling Classes Work on Skills, Enjoy Time with Friends
 *ALL MARTIAL ARTS CLASSES are TAUGHT BY S&H FAMILY MARTIAL ARTS
www.shfmartialarts.com

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.
-Open Gym: Open Gym designed just for students to work on skills individually with coaches supervision.
-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) * Unlimited \$150
-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 jmitchell@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