



# Integrity Elite Allstars



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## Class Schedule



Class	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<i>Recreational Tumble Classes</i>							
Toddler Cheer & Tumble	5:00	4:00	5:00	6:00			
Beginning Level 1	5:00	4:00 / 5:00	5:00	5:00 / 6:00	6:00		
Intermediate Level 2	4:00	6:30		7:00	5:00		
Advanced Level 3 & 4	5:00	5:30		5:00	4:00		
Elite Level 5 & 6	6:00						
Fly Guys: Boys Tumble		4:30		4:00			
HomeSchool Tumble		10:15 / 11:30 / 12:45					
<i>Stretch &amp; Skills Classes</i>							
Flyer Stretch Class	6:00	5:30					
<i>Stunt Classes</i>							
All Girl Stunt	7:00	6:30	6:00				
Coed Stunt	6:00	6:00					
<i>Parents Night Out / Open Gym (ages 5 &amp; up)</i>							
Open Gym					7:00-10:00		
<i>"No Legacy is So Rich as Integrity"</i>							
	<b>Tumble</b>	<b>Private Lessons</b>	<b>Fitness</b>	<b>Stunt Classes</b>	<b>Open Gym</b>	<b>All Star Teams</b>	<b>Birthday Parties</b>
For Updated News & Class Information Check Us Out On Social Media:							
	@ieaofficial		facebook.com/integrityeliteallstars			@ieaofficial	



## Integrity Elite Pricing



### Cheerleading & Tumbling Classes - Ages 5 & Up

Levels 1-5 Tumble Classes	55 minutes once / wk	
Cheer Class - seasonal / Fly Guys: Boys Tumble	45 min. once / wk	\$70 / month
Toddler Tumble Classes - ages 3 and 4	45 min. once / wk	\$60 / month
<b>Home School Tumble</b>	1 hour / wk	\$55 / month
<b>School Teams</b>		
Stunting, tumbling, workouts & routines	1 to 1 1/2 hour once / wk	Fee based on # of athletes
<b>Private Lessons</b> tumbling and or cheer	Single	30 min. once / wk
	Semi (2)	"
	triple (3)	"
	quad (4+)	"
<b>Flyer's Stretch Class</b>	45 min. per class	\$50 / month
<b>Coed Stunt Class / All Girl Stunt (Specialty Class)</b>	45 min. once /wk	\$75 monthly / All Girl \$40 per session
<b>Parent's Night Out &amp; Open Gym</b>	1-3 hours	\$10 / athlete / session
<b>Birthday Party</b>	1.5 hours / 2 hours	\$175 (\$35 cash staff fee) / \$225 (\$50 cash fee)



## Integrity Elite Class Descriptions



### Beginning Level 1 Tumbling

This class offers basic skills needed to complete a cartwheel and round-off. Drills to be included for back handsprings such as handstands, handstand snap downs, and rebounds. Classes include warm-up, stretching, drills for skills, and tumbling. Class meets once per week for one hour.  
Prerequisite Skills: None

### Intermediate Level 2 Tumbling

This class covers basic skills needed to accomplish the back handspring and the round off back handspring, as well as, progression training skills and techniques. Each class will include warm-up, stretching, drills for skills, and tumbling. Class meets once per week for one hour.  
Prerequisite Skills: Master skills from Beginning Tumbling.

### Advanced Level 3/4 Tumbling

This class covers basic skills needed to accomplish the standing back handspring series, round off back handspring series, and begins to cover back tuck techniques. Each class will include warm-up, stretching, drills for skills, and tumbling. Class meets once per week for one hour.  
Prerequisite Skills: Master skills from Intermediate Tumbling.

### Elite Level 5/6 Tumbling

This class covers skills needed to accomplish a back tuck, back handspring – back tuck, round-off back handspring - back tuck, round-off tuck, layout, variations of each skill, as well as, the full twist. Each class includes warm-up, stretching, drills for skills, and tumbling. Class meets once per week for one hour.  
Prerequisite Skills: Master skills from Tumbling 1.

### Toddler Tumble Classes (ages 3-4)

These classes are designed to cover the basic concepts involved in a healthy lifestyle. Kids enrolled in these classes learn their bodies basic range of motion, exercise safety, social skills, and listening skills. Classes will be age appropriate, energetic, and interactive to keep the children engaged and involved.

### Fly Guys: Boys Tumble (ages 8-12)

Integrity Elite's Fly Guys: Boys Tumble class is designed exclusively for boys ages 8 to 12 years old. This program focuses on building strength, agility, and confidence through fundamental tumbling skills such as cartwheels, round-offs, back handsprings, plus elite skills as progression continues in each class. Our Fly Guys will learn to master proper techniques, improve coordination, and develop power in this fun and supportive class. Whether they're prepping for all-star cheer, sports, or just love to flip and fly, this class is perfect for them.

### HomeSchool Tumble (ages 5-13)

This program focuses on building foundational tumbling skills, strength, and flexibility while boosting confidence and coordination. These athletes will explore basic rolls, cartwheels, and balance techniques, while working skill progressions towards more advanced skills like backbends, handsprings, tucks, and aerials. IEA's homeschool program is perfect for families seeking physical activity, social interaction, and skill development, this program offers a dynamic way to enhance your child's physical education experience. Join us at Integrity Elite All-Stars and watch your homeschooler ~~tumble, flip, and grow with confidence!~~

### Open Gym / Parent's Night Out (ages 5 & up)

Come join our Kids Night Out Events each Friday and Saturday Night. These nights are set aside for the parents to drop off their children and enjoy their evening out. We will have an open "free for all" atmosphere where the kids can tumble, play games, socialize, and/or practice skills that need some extra attention. Ages 5 & up are welcome. Kids Night Out Events are \$10.00 per child and every participant MUST be signed in by a Parent.

### General Class Information

Classes are added as needed to meet demand, but must have potential to maintain 4 or more students for atleast one month.

Interested children may have a free trial / evaluation class in order to be evaluated for placement into one of the Integrity Elite's Cheer or Tumble classes. Trial / Evaluations must be placed in any of the Beginning Tumbling or Cheer 1 classes. Once evaluated, the instructor will indicate to the student and the front desk to what class the individual will best be suited for placement and skill progression.

Any class with 1 participant present will run for 30 minutes. Any class with 2-3 participants present will run for 40-45 minutes. Any class with 4 or more participants, will run for 55 minutes. All Advanced level classes will only run for 50 minutes.

Integrity Elite's schedule is subject to change due to class demand and/or instructor availability. \$10 discount for Siblings, and/or multiply classes. The DISCOUNT applies to Classes Only; private lessons, open gym, & parties are excluded.