

TX Academy Star Cheerleading Program

Learn to Cheer, jump, chant, tumble, stunt, and dance! Cheerleading offers a **fun, healthy** form of **exercise** while making **friends**. We have **fun, safe** classes where your child can learn. Monthly payment plans for tuition & uniform.

Class Tuition: \$75.00 a month for regular class / \$115 per month for 1 hour cheer & 1 hour tumbling combined / \$75 per month for Lil' Star Cheer. A \$10 monthly discount will be given if automatic tuition payment is set up. (Credit Card or Post-Dated Checks) Additional discounts are available for multiple classes.

Class Attire: Wear shorts and shirt. Wear hair up and no jewelry. Shoes suggested are dance/sport Tennis Shoes for support.

Performances: Students will participate in one or two local parades and the end of the year review in June.

Costumes: Cheer uniforms are to be purchased and the budget is \$150.00 for the uniform. Fees will be due by Feb. 23rd. You may fund-raise for your Uniforms. Extra pieces must be purchased and will be announced. Parents are responsible for shoes, hair, make-up, etc.

Fund-raising: We encourage the Students to fund-raise and meet the minimum requirement. This supports the Activity Club who pays for Christmas T-shirts, end of the year trophies, school rentals, scenery, and more. Those opting out of fund-raising may pay the opt out fee of \$125 which will be due at the end of April. Most of our fundraisers offer 40%-50% profit that can be used towards your costumes and/or activity fee.

Teaches character traits to last a lifetime. This lesson plan teaches the following:

Confidence, aids Physical Fitness, Discipline, Positive Self Image, Leadership, Dance Steps, Positive Thinking, Teaches New Skills, Teaches Technique, Sportsmanship, Poise
Timing & Flexibility, Strengthening, and much more

Class Goals: To teach Respect, Responsibility, Reaching for Goals, and much more.

Our class is as follows: The parents will get a curriculum of skills learned in the first class!

Warm-ups: A choreographed warm-up is done in an efficient and timely manner and allows the student instructor to lead the routine while the Instructor observes the student and reinforces proper stretching. Students need to be on time. The warm-up aids in flexibility and is very important to proceed with the class.

Roll Call: Please call the studio when you are absent. Absences hold up the progress of class.

Center floor techniques and Tumbling: This is one on one with the student and reinforces new skills learned. Students learn terminology and skills for jumps, kicks, stunts, cheers, tumbling, and much more.

Dance Routines and Cheers: The routines are practiced, perfected, and made harder as the student progresses. Students are encouraged to practice at home. Repetition will aid the student in progressing.

Condition Exercises: Reinforces the exercises they should be doing at home to condition and letting the muscles cool down.

We thank-you for putting your trust in us to teach your child!

TX Academy of Dance * (281-354-6521)* www.txacademy.com