UNITED CHEERLEADING

United Cheerleading has developed a large and loyal clientele because of our commitment to integrity, safety, and our personal interest in the growth of each individual student.

United Cheerleading has established itself as the benchmark for premiere cheerleading, tumbling and stunting in this region.

OUR MISSION

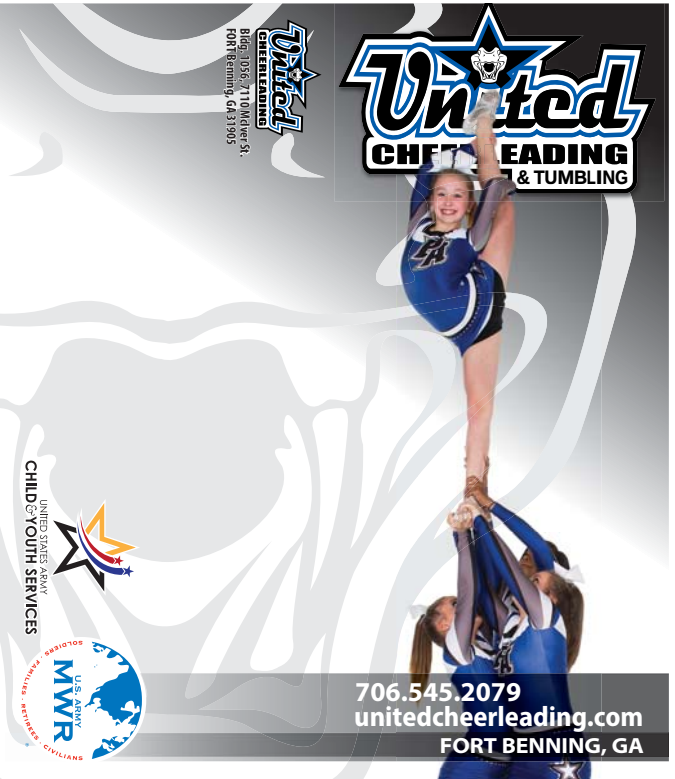
United Cheerleading is dedicated to the growth and development of America's cheerleaders. We accomplish this by encouraging positive attitudes, healthy lifestyles, work ethic, discipline, and perseverance. We believe that in developing these traits, our young members will not only be successful in cheerleading, but successful in life.

OUR STAFF

Quality instruction is a result of our highly trained and motivated staff. All of our instructors are currently cheering or have former experience cheering at the collegiate level. We pride ourselves on continuous training and each of our instructors are CPR, First Aid, and AACCA certified. Additionally, United Cheerleading has a certification program that all instructors are required to pass before being allowed to teach at United Cheerleading.

United Cheerleading is owned and managed by Heath Perkins. Heath cheered at Austin Peay State University, The University of Georgia, and also performed in the opening ceremonies of the 1996 Centennial Olympics. Heath has more than 20 years of experience in the cheerleading industry.

United CHEERLEADING
Bldg. 1056, 7110 McIver St.
FORT Benning, GA 31905



UNITED STATES ARMY CHILD & YOUTH SERVICES

U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

706.545.2079
unitedcheerleading.com
FORT BENNING, GA

CLASSES

Tumbling classes are open to students 11 months to 18 years old. Participants are scheduled according to age and/or ability. All classes stress the importance of stretching and warming up, as well as an appropriate degree of physical conditioning according to skill level.

Parent & Tots Tumbling Class

Parent & Tots Tumbling Class is designed for children 11mo. - 3 years of age. This class is a great way for the parents and kids to bond while spending quality time in a healthy environment. This class will focus on developing coordination, body control, and the fundamentals of tumbling.

Tots Tumbling

Tots Tumbling is designed for boys and girls ages 3-5. This class will develop coordination and body control. This class will also focus on the fundamentals of tumbling including cartwheels, round-offs, front rolls, backbends, backbend kick overs, and back walk overs. This class is a great way for younger individuals to get started in tumbling.

Intro to Beginning Tumbling

The Introduction to Beginning Tumbling class is an excellent start for individuals above 5 years of age, who have limited tumbling experience. This class will focus on the fundamentals of tumbling including cartwheels, round-offs, front rolls, backbends, backbend kick overs, back walk overs and drills to develop excellent back handspring technique.

Beginning Tumbling

The Beginning Tumbling class is great for individuals who have experience in tumbling and want to achieve a standing back handspring. This class will also focus on round-offs and all the building blocks to obtain a round-off back handspring.

Intermediate Tumbling

Intermediate Tumbling classes are designed for individuals who currently have a standing back handspring and round-off back handspring. This class will teach standing back tucks, standing back handspring back tucks, round-off back tucks and round-off back handspring back tucks. Drills will be implemented to help the student obtain the intermediate tumbling skills.

Advanced Tumbling

Advanced Tumbling classes will teach a variety of skills ranging from layouts to single and double fulls. Specialty passes are also included in this class. A minimum of a round-off back handspring back tuck is required for this class.

Cheerleading

Cheerleading classes are open to ages 3 and up. Focus will be placed on jumps, motions, voice projection, and tumbling technique. This class is a great way for students to learn and improve cheerleading techniques before squad tryouts.

Private Lessons

Private classes are designed around the student's individual tumbling needs. Students have the option of a single or double private class. This is a great class for one-on-one attention and getting the extra edge on achieving that specific tumbling skill!

Python All-Stars [at Columbus Location]

Our All-Star Cheerleading program is both fun and challenging. The All-Star teams practice for 3.5 hours per week in preparation for competitions on a regional and national level. Cheerleaders have the option to attend 2 additional tumbling classes per week.

In United's All-Star program, students learn lifelong lessons such as TEAMWORK, SPORTSMANSHIP, and INTEGRITY. United offers ALL levels of All-Star teams, from beginning through elite. Whether you have competitive experience or you're brand new, United has a team for your age and ability level!

Super Stars [at Columbus Location]

Our "Super Stars" Cheerleading program is designed to give children with special needs the opportunity to participate in an organized team sport. The physical activities of this year-round program also provide health and wellness benefits to the students who regularly attend class. The "Super Stars" program is funded entirely by United Cheerleading of Columbus and is offered to families of special needs children at no cost.

CLASS FEES

Class	Duration	Cost
Parent & Tots	45 min./week	$40/month
Tumbling	1 hour/week	$45/month
Cheerleading	1 hour/week	$45/month
Privates	30 min./week	$123/month

How To Sign Up

Please call PARENT CENTRAL at 706.545.2079 (M-F 8:00a-5:00p) to link your schedule with ours and to get your FREE trial class set up!

If you have any questions for United Cheerleading, please call 706.801.5524.

(Note – Only Parent Central can enroll students)

UNITED STATES ARMY CHILD & YOUTH SERVICES

U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

United CHEERLEADING .com

706.545.2079 FORT BENNING
Bldg. 1056, 7110 McIver St. • Fort Benning, GA 31905