

UNITED CHEERLEADING

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

OUR MISSION

United Cheerleading of LaGrange 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 of Columbus has a certification program that all instructors are required to pass before being allowed to teach at United Cheerleading.

United Cheerleading of LaGrange 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.

202 South Davis Road
LaGrange, GA 30240



CHAMPIONERS

706.443.5524
unitedcheerleading.com
LAGRANGE, GA

CLASSES

Tumbling classes are open to students 3 years of age through adult. 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.

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.

Flight School & Co-ed Stunt Classes

In Flight School, students work first hand with our top notch instructors. Students will learn and enhance stunting skills ranging from cradles, ground-up techniques, half ups and full ups. Additionally, students can work stunt sequences that are in a routine. All stunts in this class are geared around "all-girl" style stunting.

Co-ed stunt classes are designed for individuals wanting to take the next step in his/her cheerleading career. Co-ed stunting allows students to prepare for cheering in college. Also, this class will accommodate individuals that want to improve overall stunting ability.

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

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

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
Tumbling	1 hour/week	\$48/month
Cheerleading	1 hour/week	\$48/month
Flight/Stunt	30 min./week	\$28/month
Privates	30 min./week	\$103/month

One Time Registration Fee: \$35/Family

10% off monthly fees for:
Enrolling in 2 or more classes per week.
or Enrolling 2 or more family members.

Please call the gym for more information about the Python All-Star Cheerleading Program.



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