

## Capitol Kids & Capitol City Cheer

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[www.capitolkidsjc.com](http://www.capitolkidsjc.com)

### Current Schedule for classes

	Monday	Tuesday	Wednesday	Thursday
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### PRESCHOOL CLASSES (open to public) \$72/month

Tiny Tumbling (Age's 3-5) beginners			6:00 (Des)	6:00 (Hanna)
Tumble Bee's (Age's 4-5) Advance	5:00 (Kad.)			

### TUMBLING CLASSES (open to public) \$82/month

Basic/Beginner	6:00 (Kad+)		Team	5:00 (Des)
Walkover (12+ = age 12-18, 11- = age 6-11)	5:00 (Des+)	5:00 (Ron+)	Team	6:00 (Des+)
Back Handspring (12+ = age 12-18, 11- = age 6-11)	5:00 (Alyssa)	6:00 (Ron+)	7:15-8:15 (Ron)12+	7:00 (Des)
BHS+ & Tucks		7:00 (Ron+)	5:00 (Ron)	
Layouts & Fulls			Team	
Flyer / Flex				5:00 (Alyssa)

### DROP IN 30 MINUTE CLASSES (open to public) \$10/class

Back Handspring drop in class				
Standing Tucks drop in class				
Back Walkover drop in class				

### CHEER CLASSES (open to public) \$190/session

FUNdamentals (8 wk Session)	Youth Team, Starts Sept. 9th			Tiny Team, Starts Sept. 5th
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### HOME SCHOOL GYM (open to public) \$35/month

Home school gym time	Starts back up in Sept., Wednesday's 1:00-3:00 pm
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Please see the MoPro Ninja Warrior schedule for Ninja Classes

For information regarding our Tumbling & Cheer program please email: info.capitolkids@gmail.com