

# Summer 2009 Team Practice Schedule

## Tumbling & Trampoline

### Beginner - Advanced Beginner Tumbling & Trampoline Team

**Tuesdays**

4:00-4:45 Tumbling  
4:45-5:30 Trampoline/D-M

### Novice - Intermediate Tumbling & Trampoline Team

Monday 4:00-6:00  
Thursday 4:00-6:00

### Sub-Advanced - Advanced Tumbling & Trampoline Team

Monday 5:30-7:30  
Tuesday 5:30-7:30  
Friday 10:00-12:00

### Novice - Advanced Extra Tumbling

Friday 9:00-10:30

(This will only be charged as one hour class as some athletes will move into their regular practice towards the end.)

### T&T Team Prices

45 min. per week	\$45.00/month
90 min. per week	\$60.00/month
2 hours per week	\$75.00/month
4 hours per week	\$100.00/month
6 hours per week	\$125.00/month
7 hours per week	\$135.00/month

## Gymnastics

*No level mobility will happen until just prior to Fall. This will give every athlete the opportunity to work towards their individual mobility goals. In order to move up a level in the Fall athletes must acquire a majority of the skills for the next level during the summer and maintain them.*

### Level 4 A

Monday 4:00-6:30  
Tuesday 4:00-6:30  
Thursday 4:00-7:00

**\$125.00/month**

### Level 4 B

*Athletes that have competed 2 years at Level 4 or have scored a 36.00 or higher during competition*

Monday 12:30-3:30  
Tuesday 12:30-3:30  
Thursday 12:30-3:30  
Friday 9:00-11:30

**\$160.00/month**

### Level 5

Monday 12:30-3:30  
Tuesday 12:30-3:30  
Thursday 12:30-3:30  
Friday 9:00-11:30

**\$160.00/month**

### Level 6

Monday 12:30-3:30  
Tuesday 12:30-3:30  
Thursday 12:30-3:30  
Friday 9:00-11:30

**\$160.00/month**

### Level 7

Monday 8:45-1:00  
Tuesday 8:45-1:00  
Thursday 8:45-1:00  
Friday 11:15-3:30

**\$185.00/month**

### Level 8-10

Monday 8:45-1:00  
Tuesday 8:45-1:00  
Wednesday 8:45-1:00  
Thursday 8:45-1:00  
Friday 11:15-3:30

**\$210.00/month**

**Competitive Team Fees are due the first week of each month.**

*\*(This is different than the class calendar)*

**There is no pro-rating or make-ups for missed team practices.**

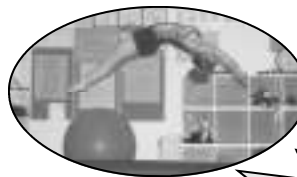
*\*(This is to the specificity of each levels' practice.)*

**All athletes are expected to compete if they are practicing during team times.**

*\*(We have regular classes to challenge every level of athlete if you are no longer interested in competing.)*

### Our Philosophy

*"Only those that have the patience to do the simple things perfectly will acquire the skill to do difficult things easily."*



**Open Gyms Free  
For Team Kids!  
Thursdays 7:00-8:30  
Saturdays 1:30-3:00**

# Rising Stars Academy

2902 Gill Street, Bloomington 309-662-3330

Check us out at:

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