

THE CHEER LONDON ALLSTARZ LTD

TUMBLE CLASS GUIDE 2024/25



CLA OFFICE: 07850685897
CLASS ENQUIRIES + NEW JOINERS: 07738833257

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CHEER LONDON ALLSTARZ LTD | VAT NUMBER 425680490

TUMBLING CLASSES WITH THE CHEER LONDON ALLSTARZ

The Cheer London Allstarz Ltd have been delivering Cheer & Tumbling for over 13 years throughout South East London. All CLA classes are coached by fully qualified Coaches alongside Junior Coaches and session assistants (BCQ, BGU & NRG qualified).

The Cheer London Allstarz was founded by Sophie Bastock who stands firm in ensuring inclusivity throughout the program and classes alongside creating and upholding a positive and nurturing environment for all children.

All CLA coaches are fully qualified, DBS checked, First Aid qualified, Safeguarding certified and insured.

We aim to create a safe and fun environment within all of our classes.

WHAT WE OFFER?

Our Tumble classes build on Gymnastics foundations, focusing on floor-based skills and progressions. Children will learn and grow through techniques, drills, and coaching to attain increasing skills over their time with us.

What makes us different from other Gymnastics providers?

We emphasize the element of fun within our classes in a relaxed but proactive environment. Our classes are aimed at wider community inclusivity, and our team works alongside children to work at their own comfortable pace.

YOUR CHILDS PROGRESSION WITH US

Progress Logs & Reports

Your child's progression within Tumbling is extremely important to us. We have launched a "Progress Log" individual card system for each and every child who takes part in our Tumble classes. These Logs will be a guide and marker to accomplishments and progressions within our classes. These will be completed and distributed to go home with the children at the end of the Autumn term (December) and end of our season (July).

December Open sessions

Towards the end of December, we will be opening up our sessions for parents to share the achievements of the children and enjoy seeing how our classes take place.

2025 CLA Tumbling Display

Children will also be working towards a tumbling display taking place in July 2025 at Prendergast School (date tbc).



OUR TUMBLE CLASSES EXPLAINED

TEENY TINY TUMBLING

Our parent-assisted Pre-School Tumbling class. Delivering a different fun and immersive theme every week.

TINY TUMBLING

Your child will work on building the all-important foundations of floor tumbling, including shapes, handstands, cartwheels, and rolls, with a different weekly theme to keep our sessions fun and engaging.

DEVELOPMENT TUMBLING

Our Development classes are our foundational classes for children to build a solid understanding of techniques and basic tumbling, alongside body awareness and building skill sets.

IMPROVERS TUMBLING

Our next level up is our Improvers class. In this class, children work to progress to a higher level of skillset alongside broadening individual tumbling elements.

ADVANCED TUMBLING (+ TEAM TUMBLING)

Within our advanced classes, children will work towards elite-level skills alongside elite-level coaches.

YOUTH OPEN TUMBLING

Our Youth Open classes are aimed at all abilities, with the class being delivered across all levels with differing drills for stations depending on the child's current skill set.

SENIOR OPEN TUMBLING

Our Senior open tumble classes are all about independent goal setting and progressions. Classes are led by our coaching team and then split into skill work which is part independent and part coach-led.

NINJA & MINI NINJA

Flip, Trick, and Jump at our Boys' Tumble classes. Ninja classes are fast-paced and led by our awesome Ninja program leader, Coach Samara.

PRIVATE 1:1 SESSIONS

PRIVATE TUMBLE SESSIONS FOR ALL AGES AND ABILITIES BOOKABLE VIA



MONDAYS 7-7.40PM



@ ST JOHNS, DEPTFORD

@ TNG, SYDENHAM



WEDNESDAYS 5.40-6.20PM



CLA CLASS SCHEDULE

We have lots of classes available, scan the QR code to view our

CLASS TIMETABLE

www.cheerlondonallstarz.com/membershub



HOLIDAYS & NO CLASS DATES

Start of season monday 9th september

- October half term <28th Oct-3rd Nov>
- December christmas holidays <23rd Dec-5th Jan>
- February half term <17th -23rd feb>
- Easter holidays <7th-21st april>
- May Half term <26th may-1st june>
- Last day of season 2025 - Saturday 12th July 2025
- *Final weeks of July for catch up sessions*

Prendergast update

Due to limited space for exam periods, prices have been reflective of this. Any classes unable to be delivered will be added to the end of the season. We have to adhere to the school's rules, and any sessions will be made up if postponed.

MEMBERSHIP & MONTHLY SUBSCRIPTIONS

All memberships and information can be found
in your classforkids portal

Memberships are paid on the 1st of every month (taking automatically by Classforkids) irrespective of how many classes that month.
Fees are split equally over a 37 week season (11 monthly payments)

Signing up in 3 easy steps

1. **Head to our classforkids page**
2. **Select the class you would like to sign up for**
3. **Complete sign up and input card details**

Stacey will then confirm the subscription amount and you will be notified by email. Any questions, please pop Stacey a call (Office manager 07850685897).

PRICE LIST

Prices below are inclusive of 20% VAT + 5% CFK fee + 20p Stripe fee

TEENY TINY TUMBLING £25.63 P/M (30MIN)

TINY TUMBLING £29.85 P/M (45MIN)

MINI/YOUTH DEVELOPMENT £29.85 P/M (45MIN)

YOUTH OPEN/IMPROVERS/ADVANCED £34.85 P/M (1 HOUR)

SENIOR OPEN TUMBLING £34.85 P/M (1 HOUR)

MINI NINJA £29.65 P/M (45 MINS)

NINJA £31.75 P/M (1 HOUR)

PRIVATE 1:1 £44.30 PER SESSION (40 MINS)



UNIFORM/WHAT TO WEAR

Our tumble classes are a relaxed and positive experience. Class members are able to wear any suitable clothing of choice. This includes leotards (as jazzy and sparkly as you like!). We will also have Tumble kits available in spring 2025 alongside our class season t-shirts (available to order now). Please see below acceptable clothing and attire for tumble classes and non-acceptable clothing.

YES!

SPORTS CLOTHING
CLA TRAINING TEE
LEOTARD
SPORTS SHORTS
SPORTS LEGGINGS
SPORTS CROPS
BARE FEET
HAIR TIED UP
ALL JEWELRY OUT!

No!

NO DENIM
NO TIGHTS
NO JEANS
NO SKIRTS
NO SCHOOL UNIFORMS
NO JEWELRY
HAIR TIED UP
NO CARDIGANS
NO OUTDOOR
FOOTWEAR
NO SOCKS ONLY

[ORDER HERE](#)



ORDER YOUR CLA NEW SEASON TEE

if you would like your tee personalised
(name on back)

Please whatsapp 07850685897 and bring £2 when collecting top

WWW.CHEERLONDONALLSTARZ.COM/UNIFORM



WE
LOVE
LEOTARDS

BE AS CREATIVE AND EXPRESSIVE AS YOU WISH WITH YOUR AWESOME LEOTARDS. WE ASK FOR SHORTS TO BE WORN OVER ALL LEOTARDS.