



**Cheer Tumble 'n' Fly  
Dance Crew**

## **Welcome**

Thank you for your interest in the **Cheertumble'n'fly Dance Crew (CTF)** programme. **CTF** is a cheerleading, dance, and tumbling club in Perth, Western Australia. We have gyms in Queens Park and Forrestfield.

Mim Longo started **CTF** in 2008. **CTF** provides high-quality cheer,dance, hip hop, burlesque, contortion and tumbling programs for most age groups, and for beginner to intermediate cheer levels. Mim and her coaches, Rachel Cottrell, Deb Mondon and Tiff Leeder train competitive teams in local and national competitions.

2012 promises excitement and success. We look forward to building and expanding our programs to meet your needs. We will offer the following programs:

- Bring it on cheer – teaching athletes to cheer, dance and be part of a team
- Boys only Hip Hop team. **\*New**
- Open Hip Hop for Men and Women \*To compete in Sydney 2012 **\* New**
- Stick it tumbling STUNTZ - a class for hard working athletes who are ready to take on level higher level stunting
- Hip hop
- Performance Jazz classes. **\*More age groups**
- Contortion.
- Burlesque. **\*New**

All our coaches have police clearance, working with children checks, and are first aid qualified. Mim is a qualified cheer coach with 30 years dance experience.

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### **Bring it on cheer**

These classes are for all age groups. We will focus on learning the basics of cheerleading including jumps, stunts, dance, and cheer skills and constantly build on these skills. These action-packed classes are fun, all athletes will compete in local, state and even National Competitions.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers. Competition wear available from CTF. Approximate prices: uniform \$100, bow \$15, cheer sneakers \$100. This is cheaper for younger groups. Pom Poms range from \$25 - \$35*

### **Stick it tumbling**

These classes are for four year-old and older athletes who want to do cartwheels, forward rolls, back flips and more.

*Class attire - CTF gear available at training or black cotton lycra gear or leotard, and bare feet. Lower levels: black jazz or acro shoes. CTF will announce concert costume in term 3.*

### **Stuntz**

These classes are for tough little princesses, nine and older. Some of our older athletes will be able to compete in 2012 stunt groups for Open and Senior age groups in Level 3.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers. Competition wear available from CTF. Approximate prices: uniform \$100, bow \$15, cheer sneakers \$100. Same as your cheerleading group uniform.*

### **Hip hop and Boys Hip hop**

CTF jumped at the chance to bring hip hop to your community in 2009. This class is filled with hip hop moves, popping, locking, stretching, and strength building exercises.

All students compete in competitions with the routines they learn in class. Our new open age class will have guest teachers who will be teaching more street styles.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers or black split sole jazz shoes. Competition wear available from CTF. Approximate price \$80*

### **Contortion**

This exciting form of physical movements involves dramatic flexing and bending of the body. Dancers and cheerleaders can use contortion to add drama to their routines and flexibility to their skills.



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## Performance Jazz class

This class is aimed at our more advanced athletes. If you've got some dance skills already and would like to master a little more than our hip hop class this may be for you.

Dancers in this class will have the chance to compete in solos, duos, trios, troupes, and teams in cheer and dance competitions. They will learn more about their posture, core strength and how to polish their performances.

They will also learn various dances throughout the year including jazz, funk and contemporary. All cheerleaders who want to extend themselves should take this class.

These more disciplined classes are for athletes who want to compete at state, national, and international levels.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers or black split sole jazz shoes. Competition wear available from CTF. Approximate price \$120, will get multiple use from costume.*

## Burlesque

Looking to get fit in a fun, relaxed environment? Then this is the class for you.

A 45 minute beginner burlesque class for ladies 17 and older. Classes include cardio warm up, stretches to increase flexibility, and learning classic and modern burlesque moves.

*For those daring enough to compete and or perform their routines a costume will need to be purchased for approximately \$100*

## Tiny tots pom and dance

This is a fun class that introduces the world of dance and pom pom routines to tiny tots. It is closed to parents. Coaches will ask for any parental help they need.

The children will perform in local competitions.

*Class attire - CTF attire or black or pink comfortable clothing. Bare feet or sneakers. Costumes approximately \$60. Pom Poms range from \$25 - \$35.*

## Athletes with special needs

We integrate kids with special needs into our regular classes. Contact Mim for details.