



Fall 2025 Schedule

273 Main Street, Port Washington, NY
Cheers@RallyandPep.com ~ www.RallyandPep.com

Semester Start Date: Monday, September 8th

Semester End Date: By Class Day (below)
(Sunday Classes end 1/11, Monday - 1/12, Tuesday - 1/27, Wednesday - 1/28, Thursday 1/22, Friday 1/16)

Semester Duration: 16 Weeks (Monday, Tuesday, Wednesday, Thursday), 15 Weeks (Sunday, Friday)

Semester Cost: \$650**

\$50 non-refundable deposit due at registration, remaining balance due 8/15/2025

Classes are subject to change or cancellation. Families will be alerted of any changes.

Monday		Tuesday		Wednesday	Thursday		Friday	Sunday
		10:00-10:45 MOMMY & ME- Tumbling Tots Walkers - 3 years		1:30-2:15 MOMMY & ME- Disney Storytime Sing & Explore				
		1:20-2:10 Tumbling Preschool		2:35-3:25 Tumbling Pre-K			1:20-2:15 Tumbling Preschool	
3:30-4:20 Tumbling PreK-1st Grade		3:00-3:50 Tumbling PreK	3:45-5:15 Competition Cheer* Premier Pixies**	3:30-4:20 Tumbling PreK-Kindergarten	3:40-4:30 Competition Cheer* Tiny: PreK-1st Grade Novice (NO Evaluation needed)	3:35-4:35 Competition Cheer* Mini: K-3rd Grade Prep (NO Evaluation needed)	3:45-4:40 Acrobatics++ Intermediate	9:00-9:55 Cheer & Tumble Combo PreK-1st Grade
4:25-5:25 Competition Cheer* Mini: K-3rd Grade Novice (NO Evaluation needed)	4:25-5:25 Competition Cheer* Premier Pixies** (Evaluation Required)	3:55-4:45 Cheer & Tumble Combo K-2nd Grade	5:00-6:30 Competition Cheer* Premier Platinum**	4:25-5:15 Tumbling K-1st Grade	4:40-5:30 Acrobatics+ Beginner/Intermediate		4:45-5:40 Tumbling 3rd-6th Grade	10:00-10:55 Tumbling K-2nd Grade
5:30-6:20 Tumbling K-3rd Grade		4:50-5:40 Acrobatics+ Beginner/Intermediate	6:15-7:45 Competition Cheer* Premier Power**	5:20-6:10 Tumbling 2nd-3rd Grade	5:35-6:50 Competition Cheer* Junior: 4th-8th Grade Prep (NO Evaluation needed)	5:35-6:50 Competition Cheer* Premier Power** (Evaluation Required)	5:45-6:40 Boys Tumbling 2nd-6th Grade	11:00-11:55 Tumbling 3rd-6th Grade
6:25-7:40 Competition Cheer* Youth: 3rd-6th Grade Prep (NO Evaluation needed)	6:25-7:40 Competition Cheer* Premier Platinum** (Evaluation Required)	5:45-7:00 Competition Cheer* Youth: 3rd-6th Grade Novice (NO Evaluation needed)		6:15-7:05 Tumbling 4th-7th Grade	6:55-7:45 Tumbling 3rd-5th Grade		12:00-12:55 Acrobatics+ Beginner/Intermediate	
7:45-8:35 Acrobatics Intermed/Advanced+++		7:05-7:55 Acrobatics Intermed/Advanced+++			7:50-8:40 Tumbling 6th-12th Grade			

No class the following days:

Rosh Hashanah (9/22-9/24) ~ Yom Kippur (10/1-10/2) ~ Thanksgiving Break (11/26-11/30) ~ December Break (12/23-1/4)

Monday 10/13, 1/19 ~ Tuesday 10/21, 11/11 ~ Friday 10/31

Competition Cheerleading

*Competition Cheerleading is a FULL YEAR commitment. Teams will compete in 1-5 local competitions (Winter 2025-Spring 2026) depending on level (Novice, Prep, Premier). Competitions may take place in NJ, PA or CT. There will be an annual competition cheer fee, a one time uniform fee and additional registration fees for each competition.

**Semester Tuition for Premier team is \$950 due to twice a week practice. Permission needed to join this class, reach out for evaluation details. Tuesday Premier Practice will take place at 55 Harbor Park Rd.

-Novice is for true beginners - have never cheered/have never competed. (1-2 Competitions per year, 1 practice per week)

-Prep is for those with some experience. (2-3 Competitions per year, 1 practice per week, plus 1 additional tumble)

-Premier teams require evaluation. Students will be placed in premier cheer classes based on evaluation. (2-5 Competitions per year, 2 practices per week, plus 1 required tumbling/acro class of choice)

Acrobatics

+Students interested in Acrobatics class must have a strong cartwheel to join.

++Students interested in the Intermediate Acrobatics class must have a backbend to join.

+++Students interested in the Intermediate/Advanced Acrobatics class must have a backwalkover to join.

-Mommy & Me classes will run on an 8 week session schedule.