



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

2026-2027 Schedule

Semester Start Date: Wednesday 9/9 ~ Semester End Date: By Class Date
(Sunday 1/10, Monday - 1/11, Tuesday - 1/5, Wednesday - 1/13, Thursday 1/7, Friday 1/15)

Semester Duration: 15 Weeks

\$50 non-refundable deposit due at registration, remaining balance due 8/26/26

There must be 6 athletes in a class for it to run. Classes are subject to change or cancellation. Families will be alerted of any changes.

273 Main Street Classes Tumbling, Acrobatics, Gymnastics, Cheer (Novice & Prep)					
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	1:20-2:10 Tumbling Preschool	2:35-3:25 Tumbling Pre-K		1:20-2:10 Tumbling Preschool	9:00-9:50 Cheer & Tumble Combo PreK-1st Grade
3:45-4:35 Acrobatics** Beginner/Intermediate	3:00-3:50 Tumbling PreK	3:30-4:20 Tumbling PreK-Kindergarten	3:35-4:35 Competition Cheer* Mini-Prep: K-3rd Tiny-Novice: PreK-1st	3:45-4:35 Acrobatics** Intermediate	9:55-10:45 Tumbling K-2nd Grade
4:40-5:40 Competition Cheer* Mini-Novice: K-3rd	3:55-4:45 Cheer & Tumble Combo K-2nd Grade~	4:25-5:15 Tumbling K-1st Grade	4:40-5:30 Tumbling K-3rd Grade	4:40-5:30 Tumbling for Cheer Level 1/Level 2 <i>(Permission Required)</i>	10:50-11:40 Gymnastics K-2nd Grade
5:45-6:35 Tumbling for Cheer Level 1 <i>(Permission Required)</i>	4:50-5:40 Acrobatics** Beginner/Intermediate	5:20-6:10 Tumbling 2nd-3rd Grade	5:35-6:50 Competition Cheer* Youth-Prep: 3rd-6th	5:35-6:00 Conditioning Cheer	11:45-12:35 Tumbling 3rd-6th Grade
	5:45-7:00 Competition Cheer* Youth-Novice: 3rd-6th	6:15-7:05 Tumbling for Cheer Level 1/Level 2 <i>(Permission Required)</i>	6:55-7:45 Tumbling 3rd-8th Grade		3:35-4:25 Flexibility, Mobility & Stretch
7:45-8:35 Tumbling for Cheer Level 2 <i>(Permission Required)</i>	7:05-7:55 Acrobatics** Advanced	7:10-8:25 Competition Cheer* Junior-Novice/Prep Middle & High School		7:00-7:50 Open Gym	4:30-5:20 Acrobatics for Dancers**

Premier Competition Cheer EVALUATION/PERMISSION REQUIRED (273 Main Street & Off Site)					
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	OFF SITE		OFF SITE		
4:50-5:40 Conditioning Premier+ Pixie	3:45-5:15 Competition Cheer* Premier+ Pixie		3:45-5:00 Competition Cheer* Premier+ Platinum	4:40-5:30 Tumbling for Cheer Level 1/Level 2	
5:45-6:35 Tumbling for Cheer Level 1	4:45-6:15 Competition Cheer* Premier Pack		4:45-6:00 Competition Cheer* Premier Pack	5:35-6:00 Conditioning (Cheer)	
6:40-7:40 Competition Cheer* Premier Power	5:45-7:15 Competition Cheer* Premier+ Platinum	6:15-7:05 Tumbling for Cheer Level 1/Level 2	5:45-7:00 Competition Cheer* Premier+ Pixie		
6:50-7:40 Conditioning Premier+ Platinum					
7:45-8:35 Tumbling for Cheer Level 2	6:45-8:15 Competition Cheer* Premier Level 2	7:05-7:30 Conditioning (Cheer)	6:45-8:00 Competition Cheer* Premier Power		

No class the following days: Rosh Hashanah (9/11) ~ Yom Kippur (9/21) ~ Thanksgiving Break (11/25-11/29) ~ December Break (12/23-1/3) ~ Monday 10/12 ~ Tuesday 11/3 ~ Wednesday 11/11

Competition Cheerleading*

Competition Cheerleading is a FULL YEAR commitment. Teams will compete in 1-5 local competitions depending on level (Novice, Prep, Premier). Year end/last practice dates for competition cheer is dependent on competition and showcase schedule and will be updated once the full year schedule is confirmed. Check website for fees &

-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 classes based on evaluation. (3-5 Competitions per year, 2 practices per week, plus 1 required tumbling and a conditioning class.

Acrobatics**

Acrobatics (Beginner/Intermediate) - Students must have a strong cartwheel to join.

Acrobatics (Intermediate) - Students must have a backbend to join.

Acrobatics (Advanced) - Students must have a backwalkover to join.

Acrobatics (Advanced for Dancers) - Designed for serious dancers - Students must have at least a backwalkover to join.

Tumbling

Tumbling (by Grade Level) - Student will be separated by skill level within the class.

Tumbling Level 1 (for Cheer) - Student will work on skills from beginner through Back Walkover/Front walkover variations. This class will focus on skill work and synchronization for cheer. Premier Cheerleaders will be assigned a leveled tumbling class. Open to non-cheerleaders with permission.

Tumbling Level 2 (for Cheer) - Students must have a backhandspring to join. This class will focus on skill work and synchronization for cheer. Premier Cheerleaders will be assigned a leveled tumbling class. Open to non-cheerleaders with permission.

Gymnastics

Designed for beginners - Students will move through skills and drills for all 4 apparatus - Floor, Bars, Beam, Vault

-Kidsport partnership - Students will be transported to and from kidsport for this class if needed.