

2024  
*Tumble*  
REGISTRATION  
PACK



MILE END • SEAFORD





# Welcome to *Force Elite Academy!*

Thank you for your interest in Force Elite Academy!

Whether you are looking to tumble competitively, semi competitively, or recreationally we have a program or a class to suit you!

At Force Elite we are proud to offer a variety of programs to ALL ages from toddlers all the way up to adults across 2 different locations serving both metropolitan Adelaide and Southern suburbs.

We hope you enjoy browsing through our 2024 tumble information pack. Here you will find all there is to know about what FEA has to offer. We guarantee there will be something here to suit your needs.



## OUR VALUES

At FEA our values are **Family, Passion & Growth** and everything we do revolves around these values.



*Family*

Everyone who walks through the doors of an FEA Facility is Family, and we put it above all else.



*Passion*

Everyone in an FEA facility is passionate about what they are doing, from the instructors to the students.



*Growth*

Every athlete and coach we work with we want to help grow and develop into the best possible versions of themselves they can be.

So by choosing FEA to be the provider of yours or your child's Tumbling journey you are prepared to be an active member of our FAMILY, you're ready to gain a new PASSION & ready to work hard and see GROWTH throughout your journey.

Ready?? Lets do this!



## Why you should *Choose Tumble* with FEA

FEA is the one stop shop for anything you or your child wishes to achieve in Tumbling. Our two locations across Adelaide offer fun, light-hearted class options in all the way to highly competitive top level Cheer teams that travel to the USA to compete. No matter what your starting point is, if you want to progress your skills, you have all the opportunity to grow right here in the club!



### World Class Facilities

Our facilities are worlds standard, including, multiple cheerleading sprung floors, dedicated tumbling floor area, trampolines, semi-sprung dance flooring, parent viewing area and more.



### Qualified and Experienced Coaching Staff

Our coaching staff is dedicated to perfection & progression in all things Cheer, Tumbling & Dance.



### Family-based culture of inclusiveness & respect

This culture shines bright when you see the excitement from the class when an athlete gets a new skill or when teams watch each other at competitions.



### Huge variety of classes, teams and program options

We have something for all experience levels, ages & interests. Ranging from recreational programs to semi-competitive and full competitive teams.

“

My two daughters have been at force elite academy for 3 years and in that time they have grown in both their skill level and in themselves.

The gym provides an environment that fosters growth and passion.

The coaches are always helping the athletes to achieve their goals for themselves as well as providing opportunities to the athletes to extend beyond their own goals!

FEA has provided my girls a **safe, supportive and encouraging environment** that my girls adore and are thriving in!



“

Being a part of the Force Elite Academy group has been an absolute joy. From the moment we joined, we were welcomed with open arms and genuine smiles.

The **inclusivity and friendliness within the group are unmatched, creating a positive and supportive environment.**

It's more than just a team; it's a family where everyone's unique talents are celebrated, and every member is valued. We couldn't be happier to be a part of such a fantastic, welcoming community. Thank you for making us feel right at home, and having my children's safety and well-being at the top of your priorities

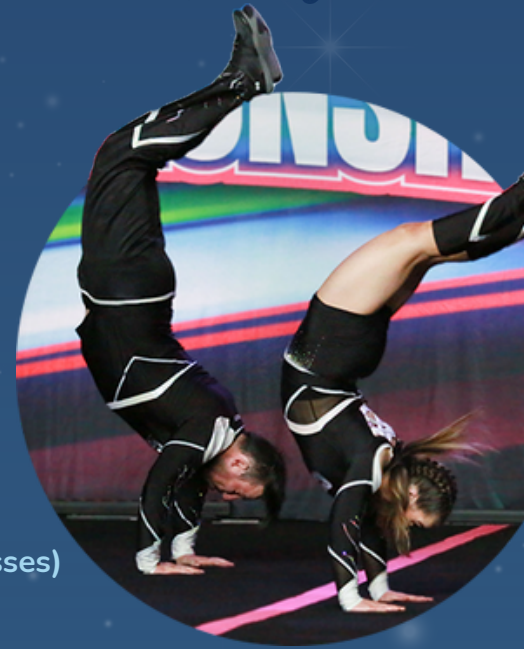


## OUR PROGRAMS

# Tumbling Programs

One thing Force Elite Academy is well known for is our tumbling program. We have many students who attend our program just to do tumbling and love our progression system, coaches and ability to become the best tumblers they can be. These are the tumbling options we will offer at FEA in 2024.

**YEARLY REGISTRATION: \$20 (covers student for unlimited classes)**



### Tiny Tumble

For ages 4-6

This tumbling class uses drills, circuits, games, and challenges to make tumbling technique, shapes and repetitions fun! This engaging and encouraging class is the best starting place to build your child's passion for Tumbling and kick start their journey of progression. Tiny Tumble is a completely recreational program.

<b>Cost:</b>	<b>Session</b>
\$10 per class	<b>Length:</b>
/ Billed per	45 mins
term	

### Beginner Tumbling

For ages 7-16

Beginner Tumbling classes are non-competitive classes for self-taught tumblers, gymnasts, dancers or those looking to start tumbling brand new! Tumbling classes will be available at both FEA locations and are designed for all beginners.

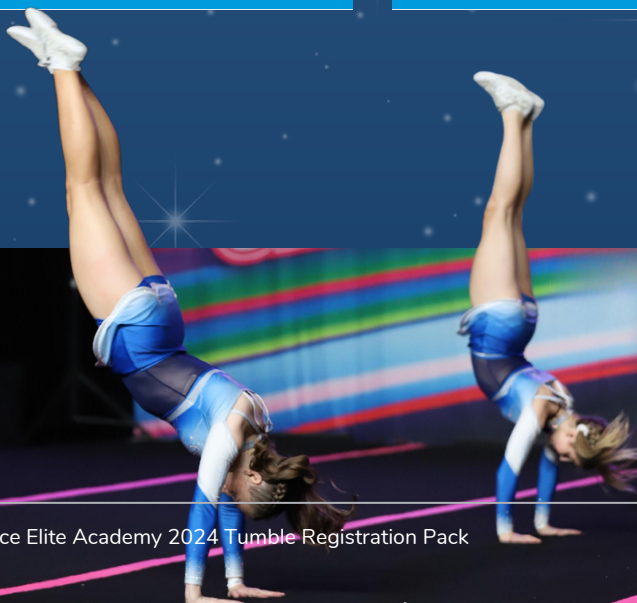
<b>Cost:</b>	<b>Session</b>
\$15 per	<b>Length:</b>
class; billed	60 min
per term	

### All-Star Tumbling

For ages 7+

All-star tumbling classes are split into levels between 101-6 to allow athletes to work on developing clean technique, drill body control and develop good habits to help them progress through the levels of All-Star tumbling.

<b>Cost:</b>	<b>Session</b>
\$15 per	<b>Length:</b>
class; billed	60 min
per term	



## OUR PROGRAMS

# Tumbling Programs



### Adult Tumbling

For ages 16+

You're never too old learn how to tumble and discover the health benefits of this amazing activity. Adult Tumble classes are for ages 16yrs+ so you can learn how to tumble with your friends with others the same age and fitness level. Available only at FEA Mile End.

**Cost:**

\$15 per class; billed per term

**Session**

**Length:**  
60 min

### Semi Privates

For ages 6+

These classes have a maximum capacity of 5 students for levels 1-2. A fantastic option for students looking for a smaller class option or to add additional training time on top of your All Star Tumble schedule to really progress your skills. Semi Privates are a full-term commitment. Enrolments are open late January!

**Cost:**

\$20 per class; billed per term

**Session**

**Length:**  
30 min

### Privates

For ages 6+

One of the most beneficial tumbling classes for individual tumble progression and skills achievement is the one-on-one private. Privates give that pure focus on the one student at one time and allow for greater amounts of specialized drills and feedback per session. Enrolments open in late January!

**Cost:**

\$35 per private; \$40 for duo

**Session Length:**

30 mins



## ADDITIONAL CLASSES

### ★ *Flyers* Classes

It is no secret that being a cheerleader flyer is one of the most unnatural activities the human body can do. Humans were simply not designed to be thrown around in the air. It takes time and patience to develop the confidence, conditioning and technique to become a superstar flyer.

At FEA, we have years of experience creating the best flyers in the state. Our Flyers Classes are a must for all flyers Novice to Elite Level. Those chosen as flyers on any Level 1-6 team must attend 1 flyers class per week.

Enroll into this program when you complete your enrollment process

**Cost:** \$7 / Additional class (Single flyer or flex class per week included in All-Star Tuition); **Class length:** 30 mins



### ★ *Flexibility* Classes

Dedicated class for maintaining flexibility throughout the body. Great for injury prevention & beneficial to all athletes, not just flyers. We highly recommend this class as a standard add-on to any athlete's weekly schedule.

**Cost:** \$7 / Additional class (Single flyer or flex class per week included in All-Star Tuition); **Class length:** 30 mins



### ★ *Open Tumble*

Tumbling is one of those activities that takes a lot of hard work and practice to master and progress. Time in the gym is so important to get the repetition and condition level where you need it to be. Open tumble allows for self-driven athletes to use the gym at their own pace and practice skills under supervision without any instructor.

**Cost:** \$5 / class; **Class length:** between 60-120 mins



# Mile End



## TUMBLE AND ADDITIONAL CLASSES TIMETABLE

MONDAY

	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
01			ALL STAR TUMBLE L3/4		ALL STAR TUMBLE L1.5/2		ALL STAR TUMBLE L1/1.5					
02							BEGINNER TUMBLE					
03				Flyer 4/5	Flex		Flex	Flyer 3/4				
04				Semi-Privates								

TUESDAY

	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
01			ALL STAR TUMBLE L1		ALL STAR TUMBLE L5/6		ALL STAR TUMBLE L1.5/2		ALL STAR TUMBLE L3/4			
02			FLYER L3	FLEX	SEMI-PRIVATES	FLYER 1/2	FLEX					

WEDNESDAY

	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
01				BEGINNER TUMBLE								
02				ALL STAR TUMBLE L1/2		ALL STAR TUMBLE L3/4		ADULT TUMBLE				
03				ALL STAR TUMBLE 101								
04			FLYER 2	FLYER 1	FLEX	SEMI-PRIVATES						

THURSDAY

	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
01			TINY TUMBLE	L2			ADULT TUMBLE		L2/3			
02			ALL STAR TUMBLE L3	FLYER 4/5/6	FLYER 4/5	FLEX	SEMI-PRIVATES					

SATURDAY

	8:30AM	9:00AM	9:30AM	10:00AM	10:30AM	11:00AM	11:30AM	12:00NN	12:30PM	1:00PM	1:30PM	2:00PM	2:30PM	3:00PM
01				ALL STAR TUMBLE L2/3		ALL STAR TUMBLE L1/2		ALL STAR TUMBLE L2/3						
02				ALL STAR TUMBLE L4/5		TINY TUMBLE		BEGINNER TUMBLE						
03		SEMI-PRIVATES		SEMI-PRIVATES	FLEX	SEMI-PRIVATES		FLYER 3/4	FLEX	FLYER L1/2				

## TUMBLE AND ADDITIONAL CLASSES TIMETABLE

<b>MONDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
	BEGINNER TUMBLE								FLEX			

<b>WEDNESDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
	TINY TUMBLE					LEVEL 1 TUMBLE		FLYER	FLEX			

<b>FRIDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
	TINY TUMBLE					BEGINNER TUMBLE						

<b>SATURDAY</b>	9:00AM	9:30AM	10:00AM	10:30AM	11:00AM	11:30AM	12:00NN	12:30PM	1:00PM
	TINY TUMBLE		FLEX	FLYER	BEGINNER TUMBLE				

# 2024 TERM DATES

## TERM 1

5th Feb - 13th April

## TERM 2

5th May - 13th July

## TERM 3

22nd July - 28th Sept

## TERM 4

14th Oct - 30th Nov



# 2024 Enrollment PROCESS

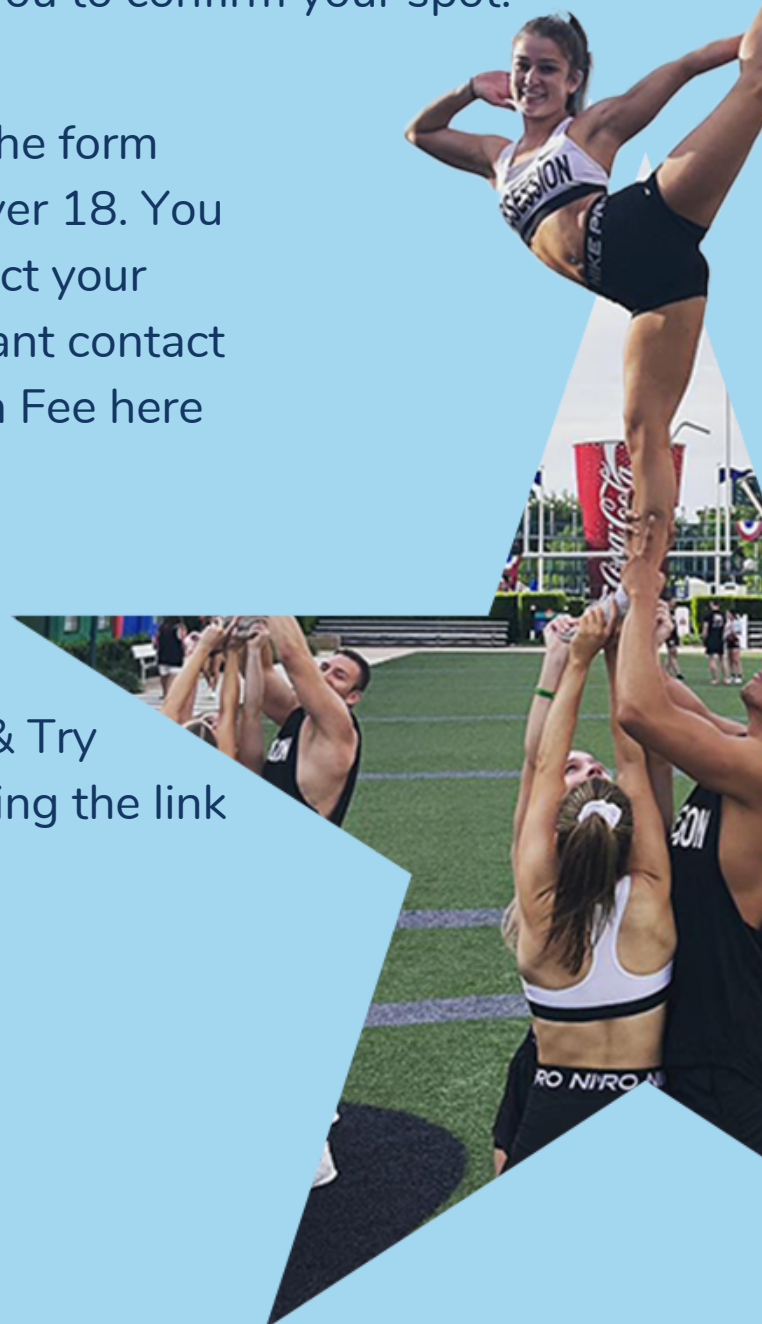
We've made enrollment much easier for you!

Simply click this link [HERE](#) to Register for your class and someone will be in contact with you to confirm your spot.

Please make sure you complete the form with a Parent/Guardian who is over 18. You will also accept your classes, select your additional classes, supply important contact details, and pay your Registration Fee here as well.

Not ready to book in yet?

Come along to one of our Come & Try Days! Reserve your spot by clicking the link [HERE](#).



Join the  
*Force Fam*  
today!



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## FIND US

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**FEA SEAFORD**  
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Seaford, SA, 5169

## CONTACT US

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