

THE CHEER LONDON ALLSTARZ LTD

TUMBLE CLASS GUIDE 2025/26



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 15 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 Floor 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 emphasise 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 our "Skills Checker Certificates" for our Season 15. Our Skills Checkers 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 at the end of our season (July).



Gymnastics Festival 2026

Please take a look below regarding our first EVER GymFest display and grading taking place on Sunday 12th July 2025 at Prendergast School. All of our Tumble class participants are invited to take part and sign up.



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' focussed Tumble classes (classes open to all genders)
Ninja classes are fast-paced and led by our awesome Ninja program leaders.

PRIVATE 1:1 SESSIONS

PRIVATE TUMBLE SESSIONS
FOR ALL AGES AND ABILITIES
BOOKABLE VIA

TUESSDAYS AT
PRNDERGAST SCG00L

5.15-6PM
6-6.45PM
6.45-7.30PM

£32 PER SESSION



WITH PROGRAM
DIRECTOR
LILYBELLE
DELOW



GYMFEST 2026 @ PRENDERGAST SCHOOL 12/07/26

All Tumble class members will be working towards their end of season display and grading on Sunday 12th July 2025 taking place at Prendergast School. GymFest26 will be an amazing opportunity for children to showcase all of their hard work and progression over the 2025/26 season with various elements demonstrated and performed in front of an experienced panel of judges and their supportive families, that's you!)

Sign up opens at 9am on Monday 18th May (head to the Link below)

www.cheerlondonallstarz.com/gymfest26

Sign up details: Gymnast sign up fee is £18 per entering child this includes

- 1x Accompanying Adult
- 1x Medal
- 1x Certificate
- contribution to running costs

(The sign up fee is per 1 sign up. If a Gymnast crosses into Tumbling or a School Gymnastics class an additional fee will be payable)

Session time TBC: Session times will be released in May 2026.

Additional Spectator tickets are available to purchase at £10 per session.

*All money raised is for day running costs. Any additional revenue will be contributed to our CIC Together Rising. The Cheer London Allstarz do not make profit from any in house events, shows or competitions.

TUESDAY @ PRENDERGAST ONLY

Please ensure you have been added to our WhatsApp group for any updates regarding our Tuesday Tumble classes at Prendergast School.

From time to time, we have to use a different hall/entrance and exits. This will be communicated and updated in our WhatsApp group. Please take a look at the video below to familiarize yourself with our drop-off and collection protocol at Prendergast School.

www.cheerlondonallstarz.com/tuetumbledropoff

CLA CLASS SCHEDULE

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

CLASS TIMETABLE

www.cheerlondonallstarz.com/membershub

SCAN
ME!



HOLIDAYS & NO CLASS DATES

Start of season Monday 8th September (37 week season)

- October half term <27th Oct-2nd Nov>
- December Christmas holidays <22nd Dec - 4th Jan>
- February half term <18th -22nd Feb>
- Easter holidays <30th March - 19th April>
- **Please note we have a 3 week half term due to Staff Training week**
- May Half term <25th May- 31st May>
- Last day of season 2025 - Friday 15th July
- 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.

Due to the intensity and 7-day working weeks of our staff in May and July 2026, we will be adding an additional 3rd week to our Easter Holiday for Staff R+R and Training. We want to minimize staff burnout due to competition and event season.

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 2025/26

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

TEENY TINY TUMBLING £33P/M (45MIN)

TINY TUMBLING £33P/M (45MIN)

MINI/YOUTH DEVELOPMENT £33P/M (45MIN)

YOUTH OPEN/IMPROVERS/ADVANCED £33P/M (45MIN)

JUNIOR OPEN TUMBLING @ £33 (50MIN)

SENIOR OPEN TUMBLING @ SUTCLIFFE £10 PER SESSION

SEND NINJA £25P/M (30 MINS)

NINJA £32 P/M (45MINS)

PRIVATE 1:1 £32 PER SESSION (45 MINS)



ClassForKids

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

Next availability to order
December 1st Onwards

Will be delivered after Christmas
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.