



THE TRAINING CENTER

THE SPIRIT ZONE TOO.

Connecticut's finest Cheerleading and Tumbling Training Center offers toddler and preschool gymnastics, tumbling and stunting classes and clinics, cheer skills classes and all-star cheerleading teams for ages 3 to 18. We also offer birthday parties for all ages! The Spirit Zone of Greenwich is currently in its fourth cheerleading season. Annually they train over 1,000 youth and high school cheerleaders to make them strong and competitive athletes. In the past 2013/2014 competition season, Spirit All-Stars of Greenwich had 5 full year and half year teams. Along their journey these teams have earned countless awards, multiple national championships and grand championship awards, as well as numerous awards for stunting difficulty, tumbling difficulty and choreography. Half-year tryouts for the 2014/2015 season are this November! Please email or call to inquire.

OWNERS & DIRECTORS

ANNE AGUIAR - ASTA. is the co-owner and director of the Spirit Zone's "Spirit Too" facility. Anne has been coaching cheerleading for the past 17 years at the youth and all-star level. Under her direction, these teams have won several local, state, regional, and national championship titles, as well as advancing the first ever cheerleading team in Norwalk history to the AYC championships in Florida where they proudly placed in the top 3. Again in 2013, Anne advanced a second team to the AYC championship, where this time they were named the National Champions! History repeated itself in 2014 where Anne advanced yet another team back to the AYC championship earning another National Championship title! This was not the only prestigious title for Coach Anne that year. At the conclusion to the 2014 all-star season, Anne's "Spectrolites" earned a 1st place finish at the U.S Finals and moved on to be ranked against other teams from across the United States. The Spectrolites were ranked 1st in the entire country in the Junior Prep Level 1 division and received "National Champion" rings. In the 2015/2016 Anne coached the Senior Level 2 DIAMONDites at Spirit Zone Too, leading them all the way to the prestigious D2 Summit in Tampa FL alongside her co coach Amanda T, and proudly placing 3rd in the county. Her success continued when she and coach Kelcie again coached Spectrolites to another US Finals title a few weeks later after the teams 1 year hiatus, this year in the Senior Prep Level 3 division. After winning the Senior Prep division in Providence in May they were ranked against all other Senior Prep teams across the US in late May and proudly came in 3rd. Throughout Anne's career, she has received numerous awards and recognitions. In 2010 Anne was awarded the "Wall of Honor" by the Norwalk Athletic Association for her commitment, dedication, spirit and devotion to the sports programs. Her passion for the sport of cheerleading and her work with children, made her want to do more in the industry and be in a position to make a bigger impact as Spirit Zone "Too".

ROBIN COE. is recognized as an exceptional coach, speaker, clinician, and choreographer. Going into her 28th year as a veteran coach; Robin has coached local, state, regional and national champions of all ages. She is the founder of one of the largest local and national cheer and dance championships in New England. Aside from owning and coaching, Robin has been judging cheerleading championships at the local, state, regional, and national level for 24 years. Under her direction her gym, including coaches, athletes and fans have been honored with numerous awards for Gym Ownership, Leadership, Sportsmanship, Loyalty, and Choreography! She is the Northeast Regional Director for the US All-Star Federation. Additionally, she certifies gym owners and coaches. In 2010 and leading by example, Robin was named New England Pop Warner Volunteer of the Year.

Spirit Zone Too
222 Mill Street
Greenwich, CT 06830



FUNTASTIC & CHEERNASTIC BIRTHDAY PARTIES ARE AVAILABLE 6 DAYS A WEEK!

Fall 2018

CHEER & TUMBLE CAMPS, CLINICS & CLASS SCHEDULE September 1st - November 30th

222 MILL STREET, GREENWICH, CT 06830
(203) 531 - 9663
www.spiritzonetoo.com





CHEERLEADING & TUMBLING SCHEDULE

4:15pm - 5:15pm	Port Chester JV	---
5:15pm - 6:15pm	GYCL	\$180
6:15pm - 7:15pm	Bling Team Tumble	---
7:00pm - 8:30pm	Crystals Team Practice	---
MONDAY (12 WEEKS)		
No class on 11/6		
5:15pm - 6:15pm	Tiny Treasures	---
5:30pm - 8:30pm	GHS Varsity/JV/Freshman	---
5:15pm - 6:45pm	Glitter Team Practice	---
6:30pm - 8:30pm	Ice Team Practice	---
TUESDAY (13 WEEKS)		
No class on 11/21		
4:45pm - 5:45pm	All-Star Tumbling	---
5:45pm - 6:45pm	Tumble Class	\$216
6:45pm - 8:45pm	Black Diamonds Team Practice	---
WEDNESDAY (12 WEEKS)		
No class on 11/21		
4:15pm - 5:15pm	Port Chester Varsity	---
5:15pm - 6:15pm	Ice Team Tumble	---
6:00pm - 7:30pm	Bling Team Practice	---
7:30pm - 8:45pm	Black Diamonds Team Tumble	---
THURSDAY (12 WEEKS)		
No class on 11/22		
6:30pm - 7:30pm	Open Gym	\$10/hr
7:30pm - 8:30pm	Open Gym	\$10/hr
FRIDAY (11 Weeks)		
Closed 11/23		
9:00am - 11:00am	Black Diamonds Team Practice	---
10:30am - 11:30am	Tiny Treasures	---
10:45am - 12:45pm	Ice Team Practice	---
12:30pm - 2:30pm	Bling Team Practice	---
1:30pm - 3:30pm	Crystals Team Practice	---
3:15pm - 5:15pm	Glitter Team Practice	---

Private Tumbling Lessons available.

Contact the office to schedule your appointment

BIRTHDAY PARTIES Available by Appointment.

ALL CLASSES MUST BE PAID IN FULL BEFORE ATTENDING FIRST CLASS
MAY MAKE-UP 2 MISSED CLASSES, ONLY DURING CURRENT SESSION
CLASSES ARE SUBJECT TO CANCELLATION IF ENROLLMENT NUMBERS NOT MET

TUMBLE CLASS. Our tumbling program is for students of all ages. Students will concentrate on proper technique of all levels. Each class will be divided up by skill level. Tumbling classes specific for teams are available and can be scheduled by your coach today. Check out or specific classes below.

MINI TUMBLE. This one hour class is specific to athletes ages 8 years old and younger. The class specifically focuses on building strong basics and is limited to athletes working on level 1 skills. Start training your 'mini' athlete to be one of 'Connecticut's finest' athletes today.

ADVANCED TUMBLE. This one hour class for students of all ages. Students must have a Back Handspring and will concentrate on proper technique of all levels. Each class will be divided up by skill level. Tumbling classes specific for teams are available and can be scheduled by your coach today. Check out or specific classes below.

OPEN GYM. This one hour session is open to the public, is a supervised non- instruction hour of tumbling and fun with Coach Day.

Registration Forms Required & can be found on our Website under Tumbling

FLIGHT SCHOOL. This one hour class will concentrate on improving flying technique and strengthening specific flyer flexibility. In addition, this class is limited to 4 athletes, this allows the needed stunt time for proper progressions

FLYER FLEX. This one hour class taught by a certified yoga instructor prepares athletes for proper stretching technique. Focusing on specific exercises to improve needed skills. Flyers will train proper body position technique and strength training. Bases will improve shoulder flexibility and work on jumps and range of motion. This is the perfect class to building the needed flexibility for this sport.

PRACTICE FACILITY. This service is available so that you can prepare your athletes for games or performances on our 42x42 cheer floor. \$6.00 per hour per athlete (minimum fee of \$75.00) Competition Critiquing and Private Coaching is available at an additional \$80.00 per hour.

PRIVATE COACHING. Need a certified professional to work on your team's skills or just clean up / spice up the routine? This service is available at your facility or ours. Contact our office today for pricing!

CHOREOGRAPHY. Need a professional to choreograph your competition routine? We have many coaches on staff to create your routine or parts of your routine.

ALL COACHES HAVE EXTENSIVE KNOWLEDGE OF CHEER SCORE SHEETS!

*****GET READY FOR TRYOUTS.** This class will focus on jumps, tumbling & motions. The basics to get ready for any cheer tryout. ***

20% off 2nd regularly priced tumble class for 2x a week.
20% off 2nd regularly priced tumble class for a 2nd child.
TEAM DISCOUNTS available! Contact our offices today.

Annual Membership fee:

\$50.00/student or \$75.00/family

This fee is good for one year from the date of registration.

This fee is **non-refundable**

WHAT'S NEW AT SPIRIT!

Come Join us for our 7th Annual Birthday Celebration. September 8th from 12:00pm - 4:00pm
Tumbling Clinics, Stunting Clinics all complementary to the community.

Spirit's Tiny Team is back popular demand...Starting 9/11

Do you have a child between the ages of 3-6yrs? We are looking for boys and girls for our Tiny Exhibition Team. Call the office for more information.

Book Your Birthday Parties with US!! Choose from a CHEERnastic, FUNtastic & Zumba Party Options.

Parties are available 7 days a week. CHEERnastic parties are fun-filled with 45 minutes of instructional FUN FUNtastics parties are fun-filled 1 hour of bouncing, jumping and flying fun. We also have Zumba parties with 1 hour of Zumba Dance. Call our Office today to book your party!

Tumble Clinics

Fall Tumbling Clinics:

9/19, 11/6

Times: 1:00pm - 4:00pm

11/23 - Black Friday

Times: 10:00am - 1:00pm

\$30 (Pre-Registered Members)

\$35 (Non Members & Same day registrations members)

We Reserve the right to cancel clinics at anytime

Must pre-register & pay for Tumbling by the Friday before the class
ALL PARTICIPANTS MUST HAVE A CURRENT REGISTRATION FORM ON FILE TO PARTICIPATE.

You may access the form from our Website.

Staff to student ratio is 1:8

For more information...

Contact our office at (203) 531 - 9663

www.spiritzonefoo.com