

# Download Usaf Cheer Coach Certification

Lala Sabir from "I Am Talent" Position: Head Tumble Instructor (levels 3, 4 and 5) Lala has been an allstar cheerleader and tumble/stunt coach for almost 11 years. Currently, Lala is a student at Wilmington University in DE where he is also on the small coed cheer team. Gold Star Gymnastics is a place where our staff help children to develop strength and stamina, coordination and confidence, fluidity and flexibility, in a safe, exciting, supportive environment. Rec Tumbling (Ages 6 & Up) Our girls and boys tumbling classes offer skill progressions on floor tumbling, trampoline, and double-mini. As each level is passed, students receive a Certificate of Achievement.