



**** CLASS SCHEDULE 2021 ****

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVEL 1 Beginner	5:00 - 6:00 PM	6:00 – 7:00 PM	6:00 – 7:00 PM	5:00 – 6:00 PM		PRIVATES ONLY
LEVEL 2/3 Intermediate	5:00 – 6:00 PM	5:00 – 6:00 PM	5:00 – 6:00 PM	6:00 -7:00 PM		PRIVATES ONLY
LEVEL 4/5/6/7 Elite	6:00 – 7:00 PM	7:00 – 8:00 PM	7:00 – 8:00 PM	5:00 – 6:00 PM		PRIVATES ONLY
Cheer Technique & Stretch Class	5:00 – 6:00 PM	5:00 – 6:00 PM	5:00 – 6:00 PM	5:00 – 6:00 PM		PRIVATES ONLY
Kinder Gym					5:30 – 6:30 PM	PRIVATES ONLY
Open Gym \$10/Person					5:00 – 7:00 PM	PRIVATES ONLY
Stunt Class \$10/Person					4:30-5:30 PM	PRIVATES ONLY



***** CLASS DESCRIPTIONS *****

LEVEL 1/BEGINNER

STANDING TUMBLING SKILLS: FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER • FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL • BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND • BACKBEND KICK OVER • BACK WALKOVER

RUNNING TUMBLING SKILLS: CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER • FRONT WALKOVER TO CARTWHEEL/ROUND OFF • CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS - CARTWHEEL/BACK WALKOVER

LEVEL 2/INTERMEDIATE

STANDING TUMBLING SKILLS: STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT • BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

RUNNING TUMBLING SKILLS: CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT • ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3/ADVANCED

STANDING TUMBLING SKILLS: BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES • BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

RUNNING TUMBLING SKILLS: AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK • ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4/ADVANCED

STANDING TUMBLING SKILLS: STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK • JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK •

RUNNING TUMBLING SKILLS: CARTWHEEL BACK TUCK • ROUND OFF LAYOUT • ROUND OFF BHS LAYOUT/LAYOUT STEPOUT/X-OUT • ROUND OFF BHS SERIES TO LAYOUT • FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT • ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT • PUNCH FRONT STEPOUT TO ROUND OFF BHS BHS BACK TUCK/LAYOUT

LEVEL 5/ELITE

STANDING TUMBLING SKILLS: JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS • BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT **RUNNING TUMBLING SKILLS:** ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

LEVEL 6 & 7/ELITE

STANDING TUMBLING SKILLS: JUMP BACK TUCK • STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL • JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL • JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL

RUNNING TUMBLING SKILLS: CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL • FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL • ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL • ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL • PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL • ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL • ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL

CHEER TECHNIQUE AND STRETCH

THIS CLASS IS STRETCHING/FLEXIBILITY. THIS CLASS ALSO WORKS ON MOTIONS, JUMPS, AND STUNT TECHNIQUE.

KINDER GYM

THIS CLASS IS FOR ATHLETES THAT ARE POTTY TRAINED AND UNDER 5 YEARS OF AGE.

OPEN GYM

OPEN GYM IS EVERY FRIDAY. IT COSTS \$10 PER PERSON. A WAIVER MUST BE FILLED OUT PER ATHLETE. THIS IS AN OPEN TIME FOR ATHLETES TO COME IN AND WORK ON ANY SKILLS WITH OR WITHOUT AN INSTRUCTOR. AN INSTRUCTOR IS ON HAND DURING ALL OF OPEN GYM.

STUNT CLASS

STUNT CLASS IS EVERY FRIDAY. THE CLASS COSTS \$10 PER PERSON. A WAIVER MUST BE FILLED OUT PER ATHLETE. THIS IS A CLASS FOR ATHLETES TO COME IN AND WORK ON ANY COED OR ALL GIRL STUNT. THIS CLASS IS LED BY TWO MALE EXPERIENCED INSTRUCTORS. THE INSTRUCTORS WILL DO COED AND ALL GIRL STUNTS WITH ALL ATHLETES ATTENDING THE CLASS.