

UNITED DANCE CHEER/GYM CLASSES

PRESCHOOL

1. Work on coordination and balance
2. Lots of fun stretching
3. Learn forward and backward rolls
4. Jumping, leaping, and running
5. Work on backbends, headstands, and donkey kicks

BEGINNER

1. Stretching, coordination, and balance
2. Forward rolls
3. Backwards rolls
4. Backbends
5. Handstand and headstands
6. Cartwheels
7. Jumps, leaps, and will learn how to hurdle
8. Learn some basic pyramids (Pony sits and thigh stands)
9. Basic cheers and motions

INTERMEDIATE

1. Must be able to do a cartwheel, hand stand, and some jumps
2. Stretching and light conditioning
3. Back walkovers and front walkovers
4. Start working on flip-flops and round-offs
5. Toe-touches, and other jumps and leaps
6. Learn intermediate pyramids (all shoulder height ex: half extension)
7. Intermediate cheers and motions

ADVANCED

1. Must be able to do a standing flip-flop and a round-off
2. Work on connecting the round-off, flip-flop
3. Improved toe-touches, other jumps and leaps
4. More advanced pyramids
5. Start learning standing backs, and round-off, flip-flop, backs
6. Stretching and conditioning

The Advanced class requires the athlete know how to do a standing flip-flop on the floor and also separately to be able to do a round-off. These skills are necessary to effectively work on a round-off flip flop. Athletes who have not yet attained these skills are best suited for the Intermediate class, in which they will work at gaining these skills