

CLASS DESCRIPTIONS

<p>1. Beginner Basic Youth (Ages 3 – 6 years): This class is designed for the athlete that is just beginning their tumbling career. Athletes will focus on creating a strong tumbling foundation while learning basic tumbling skills such as forward rolls, handstands, cartwheels and bridges to prepare the athlete for Advanced Basics.</p>	<p>9. Advanced Tucks – This class is the next step on the way to mastering the tuck. Athletes will focus on building confidence in their skills as well as combining skills through to a running tuck.</p>
<p>2. Advanced Basic Youth (Ages 5 – 9 years): This class is the next step to mastering basic skills. Athletes will continue to fine-tune their basics skills while advancing to front and back walkovers and combination skills to prepare for BHS 101.</p>	<p>10. Master Tuck – This class introduces tumbling through to a tuck from a standing position as well as working toward owning the running tuck. Athletes will continue to build strength and core to increase height of tuck and prepare athletes for beginner layout.</p>
<p>3. Beginner Basic Teens (Ages 10 – 18 years): This class is designed for the athlete that is just beginning their tumbling career. Athletes will focus on creating a strong tumbling foundation while learning basic tumbling skills such as forward rolls, handstands, cartwheels and bridges to prepare the athlete for Advanced Basics</p>	<p>11. Beginner Layout – This class is an introduction to the layout position. Athletes will learn the correct arm placement, body shape, set and form to throw a layout. Athletes will also work on standing tucks and tumbling out of a punch front.</p>
<p>4. Advanced Basic Teen (10-18yrs) - This class is the next step to mastering basic skills. Athletes will continue to fine-tune their basics skills while advancing to front and back walkovers and combination skills to prepare for BHS 101.</p>	<p>12. Advanced Layout – This class is the next step to mastering the layout. Athletes will continue to work on strength and control to throw beautiful layouts as well as introducing specialty connecting skills.</p>
<p>5. Back Handspring (BHS) 101 – This class is an introduction to back handsprings. Athletes will work on the fundamentals of a back handspring; including drills, strength training and building confidence to throw a back handspring on multiple surfaces.</p>	<p>13. Master Layout – This class is designed for athletes to own the layout. Athletes will continue to fine-tune the technique as well as add specialty tumbling through to a layout and front tumbling skills through to layout to prepare for twisters class.</p>
<p>6. Advanced BHS - This class is the next step on the way to mastering a back handspring. Athletes will focus on generating more strength and power through their back handsprings while combining skills with their handspring.</p>	<p>14. Twisters – This class is designed to teach the mechanics of a single twisting full.</p>
<p>7. Master BHS – This class is the last step to mastering the handspring and connecting skills. Athletes will focus on series of skills, owning their handspring, fine-tuning technique and generating power to prepare for beginner tuck.</p>	<p>15. Elite Twisters – This class is the next step on the way to becoming a master twister. Athletes will begin to add specialty skills to the full and introduce the double full and standing full.</p>
<p>8. Beginner Tuck – This class is an introduction to tucks. Athletes will focus on tuck shapes, bounding for tucks and mastering body control to safely execute a running tuck and a punch front on multiple surfaces.</p>	<p>16. Master Twisters: This class is for the athlete that has mastered the full and is working toward mastering specialty to fulls, the double full and specialty skills through to a double full.</p>

<p>Mini-Classes: Aerials – Everything that goes into getting an aerial, non-stop for 30 minutes. Come warmed up and ready to go! Nothing else but aerials!!!</p>	<p>Open Gym: This is an opportunity for the athletes to work on skills they would like to work on independent of specific instruction. This is NOT an instructional class!</p>
<p>Mini-Classes: Back Handspring – Everything that goes into getting a back handspring, non-stop for 30 minutes. Come warmed up and ready to go! Nothing else but back handsprings!!!</p>	<p>Cheer to the MAX: Do you need to perfect your motions, fix those jumps and understand what cheer coaches are looking for? This class is for you! Physically prepare yourself to be a better cheerleader!</p>
<p>Mini-Classes: Front and Back Walkovers - Everything that goes into getting front and back walkover, non-stop for 30 minutes. Come warmed up and ready to go! Nothing else but front and back walkovers!!!</p>	<p>Jumps to Make 'Em Jealous – Jump until you can't jump anymore! Work on technique, motion placement and learn tricks of the trade to that hyperextended jump.</p>
<p>Flex Zone Basic - This class is designed for athletes that are new to flex or those that are looking for a beginner stretch class. Athletes will learn flexibility, as well as body control.</p>	<p>Extreme Flex Zone – This class is for athletes that have good flexibility, but are looking the push their skills further. Concentration will be on needles, over stretches and kick scorpions.</p>