

# WINNERSVILLE ELITE

## CHEER & DANCE

### CHEER/TUMBLING CLASS DESCRIPTIONS

**Class Levels:** Level classes are available for students ages 2-18 years and older. Lower level classes are split for ages 6-11 and 12 & up to create a better learning environment for our athletes. These classes are developed based on the athlete's ability to retain and execute the required skills for that level, which will be evaluated by the instructor on the first day the athlete begins the class. An athlete's ability to progress through each level successfully is based on their personal ability to retain and comprehend each skill. Once all level appropriate skills have been properly executed, the athlete may progress to the next level.

**Little Explorers:** Little Explorers classes are a great way for toddlers ages 2-5 to build self-confidence, motor skills and coordination. Classes help children to learn to follow directions and prepare for preschool and kindergarten. In addition, they will build strength and learn to have fun while being physically active. Little Explorers unique thematic lesson plans and learning tools combine tumbling fundamentals with learning for a great experience. Tumbling is great preparation for any sport or activity your child may want to do in the future!

**Level 1:** Level 1 Tumbling is a beginning level class where athletes will learn class structure along with drills and exercises to build a strong foundation for tumbling. Forward rolls, hand stands, cartwheels, back bend kick overs, round offs, back walkovers, and front walkovers are some of the skills that will be taught at this level.

**Level 2:** Once all Level 1 skills are properly executed, athletes will be placed in a Level 2 class. Standing back handspring, back walkover back handspring, front walkover, round off back handsprings are skills that will be taught at this level. Additional skills including front walkover into a specialty pass or back handspring step out into a specialty pass can also be taught.

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**Level 3:** Once a strong foundation has been built in Level 1 and Level 2 classes, athletes will begin working on more advanced skills. Round off multiple back handsprings, round off back handspring back tuck, front walkover into specialty pass will be taught at this level. Additional skills may include a punch front or an aerial.

**Level 4:** Standing back tuck, standing back handspring back tuck (and layout), round off back handspring layouts will be taught at this level. Athletes must be able to perform all skills from previous levels before working on these advanced skills.

**Level 5:** Round off back handspring full, standing two back handsprings to full, and other twisting skills along with advanced specialty passes will be taught at this level.

**Rec Cheer:** Recreational cheer classes are intended to teach athletes the basics to cheerleading – motions, stunts, etc. They will be taught a variety of cheers along with voice projection and crowd involvement. Basic stunts will also be taught in this class.

**Jump Class:** Jump class is structured in a way that allows athletes to learn how to do jumps OR to learn how to make their jumps even better. This will be done by learning strengthening drills and stretching.

**Stretch Class:** Being flexible is important for all aspects of cheer and tumbling. By teaching several stretches that can be done at home and having hands on stretching, athletes will have better flexibility for stunts, tumbling, and jumps.

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