



Effective 06.25.18

## Tumbling & Skills Classes

Classes are 55 minutes to allow 5 minutes post class to prepare for next class and to talk to parents

Day	Time	Class	Coach
Monday	4-5 & 5-6pm	Summer Program	Coach Megan
	5-6pm	Beginner Tumbling	Coach Peyton
		Running Tuck	Coach Danny
	5-7pm	Mini Mercury Practice	Coach Brandy/Baylee
	6-7pm	Layout Class	Coach Danny
		Back Handspring & Series Class	Coach Peyton
	6-8 pm	Cosmic Rays Practice	Coach Poy/Angie
7-8 pm	Stunt Class - for flyers and bases	Coach Danny	
7-9 pm	Forney Highschool Cheer Practice	Coach Gayla	
Tuesday	4-5 & 5-6pm	Summer Program	Coach Megan
	4-5pm	Beginning Tumbling	Coach Peyton
	5-6pm	Beginning Tumbling	Coach Peyton
		Back Hand Spring Class	Coach Danny
	5-7pm	Venus Vixens Practice	Coach Poy/Angie
	6-7pm	Running Back Hand Spring Series	Coach Danny/Peyton
	6-8 pm	Dance Team Element	Coach Vanessa/Brandy
7-8pm	Running Tuck	Coach Danny	
	Twist Class	Coach Poy	
Wednesday	4-5 & 5-6pm	Summer Program	Coach Megan
		Back Hand Spring Class	Coach Peyton
	5-7pm	Mini Mercury Practice	Coach Brandy/Baylee
	6-7pm	Beginning Tumbling	Coach Peyton
	6-8 pm	Cosmic Rays Practice	Coach Poy/Brandy/Angie
8-9 pm	Vortex Level 5 Tumbling & Skills	Coach Poy	
Thursday	4-5 & 5-6pm	Summer Program	Coach Megan
	5-6pm	Standing Back Tuck	Coach Danny
		Strength, Conditioning, Agility	Coach Peyton
	5-7pm	Venus Vixens Practice	Coach Poy/Angie
	5:15-6 PM	Tumble Tots (4/5 & 6 yr )	Coach Britany
	6-7pm	Beginning Tumbling	Coach Britany
Back Handspring Class		Coach Peyton	
	Stunt Class - for flyers and bases	Coach Danny	
Friday	4:30-6:30 PM	Open Gym \$10	Staff on duty
	6:30-8:30pm	Open Gym \$15 for Older kids by apptmnt.	By Appointment
Saturday	11.12pm	Beginning Tumbling	Coach Maikel
	12-1pm	Back Handspring/Series Class	Coach Maikel
	1-2pm	Back Tuck Class	Coach Maikel
	2-3pm	Stunt Class Flyers and Bases	Coach Maikel
	3-4pm	Layout/Twist Class	Coach Maikel
4-5pm	Stunt Class (11 & Up)	Coach Maikel	
Sunday	5-7 pm	Vortex (every other Sunday PCA then ETT	Coach Poy/Coach Jon