



Victory Cheer Class Descriptions

Office Hours: Monday-Thursday 3:30p.m – 8:30p.m. Saturday 9:00a.m – 12:00p.m

Please email the gym to schedule a FREE TRIAL course.

Class fees are based on a month-to-month commitment.

All classes are 60 min.

Participants will work on the skills listed below. For tumbling courses, students are required to master all level appropriate skills BEFORE moving up to the next class.

60min. Tumbling Courses

Intro Tumbling – Forward & Backward Rolls, Cartwheels, Handstands, Round-Offs, Bridge Kick-Over, Front & Back Walk-Over

Novice Tumbling – Standing Back Handsprings, Round-Off Back Handsprings, Back Walk-Over Back Handspring, Front Walk-Over Round-Off Back Handspring, Round-Off Back Handspring Series.

Intermediate Tumbling – Standing Round-Off Back Handspring Series, Round-Off Back Handspring Tuck, Punch Front, Round-Off Tuck

Advance Tumbling – Standing Tuck, Standing Back Handspring Tuck, Round-Off Back Handspring Layout, Punch Front Round-Off Back Handspring Layout, Round-Off Back Handspring Whip Back Handspring Layout

Elite Tumbling – Standing Double Back Handspring Layout, Round-Off Back Handspring Full, Standing Back Handspring Full, Round-Off Back Handspring Double Full, Standing Full

60min. Flight School

Stunt Technique, Flexibility, and Strength Work for Flyers

This class is open to all All-Star Members, Rec Members, and School Cheer Flyers

60min. CHEER 101

Intro to Cheer class where students will learn basic motion, jumps, and stunt technique. The instructor will incorporate all elements of cheer into a fun and innovative cheer routine. This is a great class for individuals interested in starting cheer in High School or All-Star program.

POLOCIES & PROCEDURES

- Call to schedule a Free Trial Class
- A release form must be filled out before participation in any class
- Drop In Rate is \$25.00 Per Class
- Annual Registration Fee is paid once a year for all athletes in the amount of \$40.00
- All class enrollment, make-ups and dropping a course are to be done through Iclasspro
- All tuition payments are due the 1st of each month
- All transaction are paid either MasterCard, Visa or Personal Checking Accounts
- 2 weeks notice must be given before the next month's transaction to avoid late fee.