



★ Long Island
Cheer

60 Trade Zone Court
Ronkonkoma, NY 11779
631.820.8212

Where Cheerleading Soars to New Heights!



*****ALL-STAR PROGRAM TEAM PRACTICE***** REV 3/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY EXPO- TUTU						11:00-12:00
TINY L1- DAZZLE		6:30-7:30		6:00-7:30		
YOUTH L1-SHIMMER	7:00-8:30		7:00-8:30			
YOUTH L2-TURQUOISE	5:30-7:00		5:30-7:00			
YOUTH L3-LIME	7:00-9:00		7:00-8:30			
JUNIOR L3- AQUA		5:30-7:00		5:30-7:30		
SENIOR LS4.2-CHROME		7:00-9:00		7:30-9:00		
SENIOR L4-TITANIUM		5:30-7:00	7:30-9:00	5:30-7:00		
SENIOR L5-DIAMONDS		7:00-8:30	6:00-7:30	7:00-8:30		
IOCS- PLATINUM		8:30-10:00		8:30-10:00		

ALL STAR TUMBLE CLASSES

CLASSES FOR ALL STARS (Included in Tuition)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTRO TO TUMBLE 5yrs + TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: FORWARD ROLL, HAND STAND, CARTWHEEL, ROUND OFF, BACKBEND, BRIDGE KICKOVER		6:00-7:00				10:00-11:00
TUMBLE LEVEL 1 TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: ROUND OFF, FRONT WALKOVER BACK WALKOVER	5:30-6:30	5:00-6:00			7:00-8:00	12:00-1:00
TUMBLE LEVEL 2 TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: STANDING BHS, STANDING BHS SERIES, BACK WALKOVER BHS, ROUND OFF BHS, ROUND OFF BHS SERIES, FRONT WALKOVER ROUND OFF BHS	6:00-7:00	7:00-8:00			6:00-7:00	1:00-2:00
TUMBLE LEVEL 3 TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: TOE TOUCH BHS, STANDING BHS SERIES TO TUCK, ROUND OFF TUCK, ROUND OFF BHS TUCK, FRONT WALKOVER ROUND OFF BHS TUCK, RUNNING PUNCH FRONT, STANDING COMBO TO ROUND OFF BHS TUCK	7:00-8:00				7:00-8:00	2:00-3:00
TUMBLE LEVEL 4 TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: STANDING TUCK, STANDING (2) BHS LAYOUT, TOE TOUCH BHS TUCK, ROUND OFF BHS LAYOUT, PUNCH FRONT ROUND OFF BHS LAYOUT, ROUND OFF WHIP (2) BHS LAYOUT	6:00-7:00				6:00-7:00	1:00-2:00
TUMBLE LEVEL 5 TUMBLE SKILLS YOU WILL WORK ON IN THIS CLASS INCLUDE: STANDING (2) BHS FULL, TOE TOUCH TUCK, ROUND OFF BHS FULL, ROUND OFF FULL, SPECIALTIES TO FULL, ROUND OFF BHS DOUBLE FULL	8:00-9:00				7:00-8:00	2:00-3:00
OPEN GYM					8:00-10:00	3:00-5:00

ALLSTAR SPECIAL - EVERYTHING LISTED BELOW CAN BE ADDED TO YOUR UNLIMITED PKG for \$35/month

STRENGTH & CONDITIONING CLASSES

JUMP TECHNIQUE APPROACH, EXECUTION & LANDING	6:15-7:00					1:15-2:00
FLYER FLEXIBILITY BACK, FRONT FLEXIBILITY & BODY POSITION EXECUTION				6:15-7:00		12:30-1:15
STRENGTH/CONDITION WORK OUT TO BUILD ENDURANCE FOR YOUR ROUTINES	7:00-8:00			7:00-8:00		2:00-3:00
PARENT WORKOUT CLASS - CALL FOR PRICING	8:00-9:00		8:00-9:00			

STANDING CLASSES

BACK WALKOVER CLASS WORKING & MASTERING BACK WALKOVER TECHNIQUE			7:15-8:00			11:45-12:30
BACK HANDSPRING CLASS WORKING & MASTERING BACK HANDSPRING TECHNIQUE			6:30-7:15			11:00-11:45
BACK TUCK CLASS WORKING & MASTERING BACK TUCK TECHNIQUE			5:45-6:30			10:15-11:00