



# ASA Class Schedule

## Tumbling, Cheer and Hip Hop Classes for all ages!

Ratio for all tumbling classes: Max is 6 to 1. Spots are filled on a first come first serve basis.

Walk Ins are welcome for \$25.00 per class if space is available

Class Duration: 6 weeks 02/19-03/31 \*\*\*Please see notes for closed classes\*\*\*

### Flexibility Class

This class is designed to teach students the proper stretching techniques to increase flexibility. Students will also work on concepts of a flyer such as balance, control, body positions and stability. You do not have to be a flyer to take this class however it is a great course for aspiring flyers. Techniques learned also help achieve better jumps and tumbling.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Tuesday	Paria Harisaz	4:30-5:30pm	\$120.00/6 weeks	
Friday	Brooke Darrough	4:15-5:15pm	\$80.00/4 weeks	No Class 03/09 No Class 03/16

### Introduction to Tumbling Classes

Requirements: No Experience necessary. This class is designed for beginner tumblers looking to learn the fundamentals of tumbling technique. Athletes will be introduced to basic tumbling skills such as handstands, bridges, forward/backward rolls, cartwheels, round offs as well as learn proper technique and body awareness to safely execute each skill set. Coaches will condition athletes to help develop and advance each specific skill.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Thursday	Kayla Leon	4:45-5:45pm	\$100.00/5 weeks	No Class 03/15
Friday	Corrinne Gwartney	5:45-6:45pm	\$100.00/5 weeks	No Class 03/16

## Level 1 Tumbling Classes

**Requirements: The focus of this class will be to perfect front/back walkovers and level 1 appropriate combo passes. Athletes in this class should already have the fundamentals of tumbling. Athletes should be able to properly execute a handstand, cartwheel and have the basic understand of a roundoff.**

DAY	INSTRUCTOR	TIME	FEE	NOTES
Monday	Nina Derksen/ Corrinne Gwartney	4:15-5:15pm	\$120.00/6 weeks	
Monday	Nina Derksen	6:30-7:30pm	\$120.00/6 weeks	
Tuesday	Lexi Montes	6:45-7:45pm	\$120.00/6 weeks	
Sunday	Paria Harirsaz	10:45-11:45am	\$120.00/6 weeks	

## Level 2/3 Tumbling Classes

**Level 2 Requirements: Athletes must have a front and back walkover to enroll in this class. Focus will be to perfect back and front handsprings and level 2 combo passes.**

**Level 3 Requirements: Athletes must have a solid standing and running back handspring to enroll in this class. Focus will be to perfect tucks, punch fronts and level 3 combo passes.**

DAY	INSTRUCTOR	TIME	FEE	NOTES
Wednesday	Nina Derksen	4:45-5:45pm	\$120.00/6 weeks	

## All Star Jump Technique Class

**This class will focus on jump techniques including but not limited to jump strengthening drills, complex all star jump sequences, proper jump form, how to sit more in your jumps and much more! Through creative jump choreography and fun, interactive exercises, we will help improve your overall knowledge and understanding of how to obtain the perfect all star jumps!**

DAY	INSTRUCTOR	TIME	FEE	NOTES
Tuesday	Kayla Leon	4:15-5:15pm	\$120.00/6 weeks	