



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 04/02-05/13 *** 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 Harirsaz	4:30-5:30pm	\$120.00/6 weeks	

NEW Cheer 101 Class

Interested in trying out for a cheer team this season? Let ASA get you ready! This class is geared towards beginner cheerleaders wanting to learn the fundamentals of all things cheer! Including but not limited to, jump drills, cheer style stunts, tumbling, cheer style motions, dances and more. This is a great class for aspiring cheerleaders or current cheerleaders wanting to work on bettering their technique.

DAY	INSTRUCTOR	TIME	FEE	NOTES
Friday	Brooke Darrough	4:15-5:15pm	\$120.00/6 weeks	

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
Tuesday	Neda Najafi	5:30-6:30pm	\$120.00/6 weeks	Intro & Level 1 Split Class
Thursday	Kayla Leon	4:45-5:45pm	\$120.00/6 weeks	

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	4:15-5:15pm	\$120.00/6 weeks	This class is a Level 1 & 2 split
Monday	Nina Derksen	6:30-7:30pm	\$120.00/6 weeks	This class is a Level 1 & 2 split
Tuesday	Lexi Montes	6:45-7:45pm	\$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	This class is a Level 2 & 3 Split
Friday	Corrinne Gwartney	5:45-6:46pm	\$120.00/6 weeks	Level 2 Class Only

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	

Future Dates to Save

ACTIVITY	DATES	TIME	PRACTICE DAYS	FEE	INSTRUCTOR/ Notes
Summer Allstar Cheerleading Team	June 11th – August 9th	2:00-3:00pm	Mon/Wed/Thurs	\$337.50/9 weeks	Brooke Darrough
Summer Allstar Hip Hop Team	June 11th - August 9th	1:00-2:00pm	Mon/Wed/Thurs	\$337.50/9 weeks	Shefali Bhagath
2018-2019 ASA Cheer & Hip Hop Team Auditions	June 8th – June 10th	TBA	TBA	Audition Fee \$40.00	Tryout Info Meeting May 24th @ 7pm
ASA Open Gyms	04/08 04/15 04/22 04/29 05/06 05/13	4:00-5:30pm	Sundays	\$5.00 ASA Full Season Athletes \$7.00 ASA Prep/Mid Season Athletes \$10.00 Walk Ins	TBA

To reserve your spot in any class or register for a team please contact us in advance. Space is limited 😊

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