



SKILL SPECIFIC CLASS SCHEDULE

**FALL & WINTER CLASS SCHEDULE
SEPTEMBER 4TH 2018 – MAY 3RD 2019**

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUPERHERO						11am – 12pm	
NINJA TRAINING			4pm – 5pm			12pm – 1pm	
LEARN TO CHEER		4pm – 5pm				9am – 10am	
LEARN TO TUMBLE				4pm – 5pm		10am – 11am	
WALKOVERS	6pm – 7pm	5pm – 6pm	5pm – 6pm		4pm – 5pm		
HANDSPRINGS	7pm – 8pm	7pm – 8pm		7pm – 8pm	5pm - 6pm		
TUCKS/LAYOUTS		8pm – 9pm		5pm – 6pm			
FLEX CLASS	5pm – 6pm		7pm – 8pm	8pm – 9pm			
ACRO CLASS	4pm - 5pm	6pm – 7pm	6pm – 7pm	6pm – 7pm			
OPEN GYM							6pm – 8pm

CLASS DESCRIPTIONS

Superhero Class: This high energy class is great for the young superhero in your life. All the games and activities are based around their favourite superhero, or their own. They will come up with the superhero names and their special power and power pose, and save the day!

Ninja Class: These classes are designed to bring out their inner ninja. This is an obstacle course based class, to teach strength, agility and fun!

Learn To Cheer: All ages welcome. This is the perfect class to learn about all-star cheerleading. This program is designed to teach your athlete all the basic skills required to be a great all-star cheerleader.

Learn To Tumble: All ages welcome. This is the perfect class to learn the basics in tumbling. This program is designed to teach your athlete all the basic skills required to be a great tumbler.

Walkovers: This is a great class to learn, work on or perfect your front or back walkover.

Handsprings: This is a great class to learn, work on or perfect your front/back handspring, and learn to get the power you need for advance skills.

Tucks/Layouts: Once you have your handsprings, and round off handsprings, join this class to start working standing tucks, or tuck/layout for running tumbling.

Flex Class: work on core strength and flexibility in your legs, back and shoulders. Great for dancers & cheerleaders.

Acro Class: This class is focused on dancers working aerials (front or side) along with various stands & jumps.

Open Gym: The gym is open for you to jump, stunt or tumble. Coaches are on hand to help you out if needed.