



CLASS PROGRAM FALL & WINTER SCHEDULE

FALL & WINTER CLASS SCHEDULE SEPTEMBER 3RD 2019 – MAY 3RD 2020

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TINY CHEER						9am – 10am	
LEARN TO CHEER	5pm – 6pm					12pm – 1pm	
LEARN TO TUMBLE			5pm – 6pm			10am – 11am	
WALKOVERS		5pm – 6pm		5pm – 6pm			
HANDSPRINGS		6pm – 7pm		6pm – 7pm			
TUCKS/LAYOUTS		7pm – 8pm		7pm – 8pm	6pm – 7pm		
STRENGTH & FLEX	6pm – 7pm		7pm – 8pm				
ACRO CLASS	7pm – 8pm		6pm – 7pm		7pm – 8pm		
OPEN GYM					8pm – 9:30pm		

CLASS DESCRIPTIONS

Tiny Cheer: This introductory program is for kids age 3 - 6 years old. This is a great way to introduce your young athlete to world of all star cheerleading. This is a low cost, low commitment program to teach your athlete all the basic skills required to be a great cheerleader and athlete. With practices once a week, your child will also develop listening skills and learn to work with others.

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 the basics tumbling skills such as front/back rolls, handstands, cartwheels and round offs.

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 advanced 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.

Strength & 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 on front/back walkovers, front/back handsprings, aerials (front or side) along with various stands & jumps.

Open Gym: The gym is open for you to jump, stunt or tumble. Ninja obstacle course can also be set up if requested. Coaches are on hand to help you out if needed.