



CLASS PROGRAM FALL SCHEDULE

FALL CLASS SCHEDULE SEPTEMBER 8th 2020 – DECEMBER 18th 2020

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LEARN TO TUMBLE		4pm – 5pm		4pm – 5pm			
WALKOVERS	4pm – 5pm		4pm – 5pm				
HANDSPRINGS	5:30pm – 6:30pm				7pm – 8pm		
TUCKS/LAYOUTS		5:30pm – 6:30pm			5pm – 6pm		
STRENGTH & FLEX		6:30pm – 7:30pm	5pm – 6pm		6pm – 7pm		
ACRO CLASS	7pm – 8pm		7pm – 8pm		4pm – 5pm		
OPEN GYM							

CLASS DESCRIPTIONS

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.