



CLASS PROGRAM SUMMER SCHEDULE

MAY 2nd TO SEPTEMBER 3rd 2022

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TINY CHEER						9am – 10am	
YOUTH CHEER						10am – 11am	
JUNIOR CHEER		6pm – 7pm					
OPEN CHEER			8pm – 9pm				
LEARN TO CHEER	5pm – 6pm					11am – 12pm	
LEARN TO TUMBLE 101	6pm – 7pm					12pm – 1pm	
LEARN TO TUMBLE 102				5pm – 6pm		1pm – 2pm	
JUMP	4:30pm – 5pm	4:30pm – 5pm 7pm – 7:30pm	4:30pm – 5pm 5:30pm – 6pm	4:30pm – 5pm 7pm – 7:30pm			
WALKOVERS			6pm – 7pm		5pm – 6pm		
HANDSPRINGS		7:30pm – 8:30pm		8pm – 9pm			
STRENGTH & FLEX	7pm – 7:30pm	8:30pm – 9pm	5pm – 5:30pm 7pm – 7:30pm 7:30pm – 8pm	6:30pm – 7pm 7:30pm – 8pm			
ACRO CLASS	7:30pm – 8:30pm				6:30pm – 7:30pm		
OPEN GYM							6pm – 8pm

CLASS DESCRIPTIONS

Tiny Cheer: Ages 6 and under. This is the perfect class to learn the basics in tumbling and cheer. This program is designed to teach your athlete the basic tumbling skills such as front/back rolls, handstands, cartwheels and round offs. It will also introduce the basic in all aspects of cheer; including jumps, stunts, motions and dance.

Youth Cheer: Ages 9 - 12. This is the perfect class to learn the basics in tumbling and cheer. This program is designed to teach your athlete the basic tumbling skills such as front/back rolls, handstands, cartwheels and round offs. It will also introduce the basic in all aspects of cheer; including jumps, stunts, motions and dance.

Junior Cheer: For ages 12 - 16. This is the perfect class to learn the basics in tumbling and cheer. This program is designed to teach your athlete the basic tumbling skills such as front/back rolls, handstands, cartwheels and round offs. It will also introduce the basic in all aspects of cheer; including jumps, stunts, motions and dance.

Open Cheer: For ages 16 & up. This is the perfect class to learn the basics in tumbling and cheer. This program is designed to teach your athlete the basic tumbling skills such as front/back rolls, handstands, cartwheels and round offs. It will also introduce the basic in all aspects of cheer; including jumps, stunts, motions and dance.

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 101: All ages welcome. This is the perfect class to learn the basics in tumbling, such as front/back rolls and cartwheels.

Learn To Tumble 102: All ages welcome. This is the perfect class to learn the basics in tumbling, such as round offs, front and back walkovers.

Jump: This is a great class to learn, work on or perfect your jumps for cheer or dance.

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.