



CLASS PROGRAM WINTER SCHEDULE

JANUARY TO APRIL 2023

CLASS TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TINY CHEER						11AM - 12PM	
LEARN TO CHEER		5:30-6:15PM				11:15AM-12PM	
LEARN TO TUMBLE					6:45-7:30PM	2:00-2:45PM	
LEARN TO TUMBLE 101	5:15-6:00PM						
LEARN TO TUMBLE 102				4:15-5:00PM			
JUMP	4:45 - 5:15PM 6:00-6:30PM	4:30-5:00PM	5:00-5:30PM	6:15-6:45PM	4:00-4:45PM		
WALKOVER	7:00-7:45PM	6:15-7:00PM		5:30-6:15PM	6:00-6:45PM		
HANDSPRING		7:30-8:15PM					
STRENGTH & FLEX		5:00-5:30PM 7:00-7:30PM	4:30-5:00PM 5:30-6:00PM 7:00-7:30PM	5:00-5:30PM	5:30-6:00PM		
ACRO	7:45-8:30						
OPEN GYM					8:00-9:00PM		

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.

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.

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.