



# Dallas Fall Schedule 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00						HP Private Class 6 Guardians (10:00-12:00)
10:30	Pre School Open Gym (10:30-11:45)	Pre School Open Gym (10:30-11:45)	Pre School Open Gym (10:30-11:45)	Pre School Open Gym (10:30-11:45)		
11:00						HP Private Class 7
11:45						Avengers (11:45-1:45)
12:00	Pre School Tumble	Pre School Tumble	Pre School Tumble	Pre School Tumble	<b>Pricing &amp; Session Info:</b> Annual Registration - \$45 per athlete  <b>Fall Session 1 (9 weeks)</b> Aug 22 – Oct 21 1 Class per wk - 2 Classes per wk \$198 \$288 UNLIMITED - \$360  <b>Fall Session 2 (8 weeks)</b> Oct 24 – Dec 23 1 Class per wk - 2 Classes per wk \$176 \$256 UNLIMITED - \$360  Pre School Open Gym - \$7 per visit  <b>Class Ratios:</b> Pre School / Kinder Kids 6-8:1 Tumble Class / Cheer Prep 10:1 Jump / Flyer Flex Class 25:1	
3:00	ESD Elem Private Class 1 HP Private Class 1					
3:30	Basic 1	Kinder Kids 4-6 yrs.	Basic 2/BHS	Cheer Prep Basic 2/BHS		
4:00	Greenhill HS (4:00-5:30) HP Private Class 2	Cheer Prep JV Cheer Private Class	HP Private Class 4			
4:30	Basic 2/BHS Series/Intro to Tuck	Basic 2/BHS		Kinder Kids 4-6 yrs. Flyer Flex <b>BOYS ONLY! (SIT)</b>		
5:00	HP Private Class 3	Tuck & Up ESD Cheer (5:00-6:30)	Series/Intro to Tuck Tuck & Up HP Private Class 5			
5:30	Basic 1 Basic 2/BHS Tuck & Up	Kinder Kids 4-6 yrs.	Kinder Kids 4-6 yrs.	Jumps!		
6:00		Avengers (6:00-8:00)	Guardians (6:00-8:00)	Vision (6:00-8:00)		
6:30	High School Tumble Series/Intro to Tuck Basic 1/Basic 2	Basic 1/Basic 2	Cheer Prep	Basic 1/Basic 2		

Express Cheer Dallas (Walnut Hill Rec Center) – 10011 Midway Rd. – Dallas, TX – 75229

www.expresscheer.com

## CLASS DESCRIPTIONS & ABBREVIATIONS

**PRE SCHOOL CLASS - 55 minutes (3-5 years old)** Our Pre School program is a fun, high-energy movement and motor skill development program designed for ages 3 – 5! Athletes will learn all the essential tools needed for beginner tumblers, including body shapes and positions, entry and exit positions, body movement drills, forward and backwards rolls, and be introduced to handstands, cartwheels and round offs.

**KINDER KIDS CLASS - 55 minutes (4-6 years old)** Our Kinder Kids program is a fun, high-energy movement and motor skill development program designed for ages 4 – 6! Athletes will learn all the essential tools needed for beginner tumblers, including body shapes and positions, entry and exit positions, body movement drills, forward and backwards rolls, handstands, cartwheels, & round offs.

**BASIC 1 TUMBLE CLASS - 55 minutes** This class will focus on beginner tumbling skills while working on body shapes and positions, the building blocks for all future classes in our program. Basic tumbling skills include forward & backward roll, handstand, cartwheels, tick tocks, front limber, and back-bend kick-over.

**BASIC 2 TUMBLE CLASS - 55 minutes** This class will build on beginner tumbling skills while working on body shapes and positions, the building blocks for all future classes in our program. Basic 2 tumbling skills includes: round off, back and front walkovers, cartwheel back walkover, and a strong handstand.

**BACK HANDSPRING CLASS (BHS) - 55 minutes** After all beginner tumbling skills are mastered, we introduce and perfect backhand springs in standing and running tumbling. Athletes will learn multiple entries, exits, and connection passes in and out of a back handspring.

**SERIES CLASS - 55 minutes** When a strong standing and strong round-off back handspring are mastered, we introduce and perfect a strong standing series, front walkover round-off back handspring and running round-off back handspring series. Athletes will also focus on correct body shapes in all skills.

**INTRO TO TUCK – 55 minutes** After an athlete has mastered a series of back handsprings, they will be introduced to the mechanics of a back tuck. Athletes will use drill stations and have time with an instructor to work on correct body shapes in preparation for Tuck & Up class.

**TUCK & UP CLASS - 55 minutes** After all Intro to Tuck skills are mastered, we introduce and perfect front and back tucks. Back tucks are mastered in running tumbling out of round offs and back handsprings. Connection skills are built out of front walk overs, punch fronts, and aials. As athletes progress skills they will be introduced to or continue working on layout and ultimately work on twisting and other specialty skills.

**STUNT CLASS – 55 minutes** Classes are designed to work on flyer technique and hands on stunting. Athletes will participate in individual stretching and conditioning aimed towards improving body positions and flexibility as well as participate in group stunts.

**JUMPS! - 55 minutes** This class will focus on proper stretching technique and strength training needed for athletes to improve their jumps. In addition, the coaches will focus on proper arm and leg placement in order to perform each jump safely and successfully. The following jumps will be introduced and trained: Toe Touch, Pike, Hurdlers and Combination Series.

**FLYER FLEX- 55 minutes** Flyer Flex class will focus on the proper techniques of stretching the right, left, and middle splits, proper back flexibility, and proper shoulder flexibility. Athletes will participate in individual stretching and conditioning aimed towards improving body positions and flexibility.

**BOYS ONLY – 55 minutes** This class is also knowN as Super Heroes In Training (SIT). This class is designed to teach the mechanics of coordination and flexibility in a high energy environment that incorporates tumbling, jumping and ninja or super hero like activities.

**CHEER PREP – 55 minutes** Cheer Prep is just like the name would imply – get ready for cheer tryouts by working on motions, jumps, learn cheers, chants & dances. This class works on all of the skills you'll need to ACE your school tryout or use it to get a jump start for when you're ready for tryouts