<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HP Private Class 10</td>
<td>Guardians (10:00-12:00)</td>
</tr>
<tr>
<td>11:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HP Private Class 11</td>
<td>Avengers (11:45-1:45)</td>
</tr>
<tr>
<td>11:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td>Pre School Tumble</td>
<td>Pre School Tumble</td>
<td>Pre School Tumble</td>
<td>Pre School Tumble</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td>HP Private Class 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30</td>
<td>Kinder Kids 4-6 yrs.</td>
<td>St. Rita Private (Sandler)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00</td>
<td>HP Private Class 2</td>
<td>Cheer Prep</td>
<td>JV Cheer Private Class</td>
<td></td>
<td>Falcons Cheer (4:00-6:00)</td>
<td>HP Private Class 6</td>
</tr>
<tr>
<td>4:30</td>
<td>Basic 2/BHS</td>
<td></td>
<td>Tuck &amp; Up</td>
<td></td>
<td>Series/Intro to Tuck Tuck &amp; Up</td>
<td>HP Private Class 7</td>
</tr>
<tr>
<td></td>
<td>Stunt Class</td>
<td></td>
<td>Tuck &amp; Up</td>
<td></td>
<td>Tuck &amp; Up</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td>HP Private Class 3</td>
<td>Tuck &amp; Up</td>
<td>Series/Intro to Tuck</td>
<td></td>
<td>HP Private Class 7</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flyer Flex</td>
<td></td>
<td>Tuck &amp; Up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td>Basic 1 Basic 2/BHS</td>
<td></td>
<td>Kinder Kids 4-6 yrs.</td>
<td></td>
<td>Knife Kids 4-6 yrs. Flyer Flex</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jumps!</td>
<td></td>
<td>Sprot Private Class</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00</td>
<td></td>
<td>Avengers (6:00-8:00)</td>
<td>HP Private Class 5</td>
<td></td>
<td>HP Private Class 8 Vision (6:00-8:00)</td>
<td></td>
</tr>
<tr>
<td>6:30</td>
<td>High School Tumble</td>
<td></td>
<td>Basic 1/Basic 2</td>
<td>Open Gym (6:30-8:00)</td>
<td>Basic 1/Basic 2</td>
<td>HP Private Class 9 (7:00 p)</td>
</tr>
<tr>
<td></td>
<td>Series/Intro to Tuck Tuck &amp; Up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>All-Star Prep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Pricing & Session Info:**
Annual Registration - $45 per athlete

**Winter Session (9 weeks)**
Jan 9 – March 10
1 Class per wk - 2 Classes per wk
$200 $300
UNLIMITED - $360

**Spring Session (9 weeks)**
March 20 – May 19
1 Class per wk - 2 Classes per wk
$200 $300
UNLIMITED - $360

Open Gym - $10 per visit

**Team Tryouts in May 2023**

**Class Ratios:**
Pre School / Kinder Kids 6-8:1
Tumble Class / Cheer Prep 10:1
Jump / Flyer Flex Class 25:1

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 off.

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 and round off.

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 off and back handsprings. Connection skills are built out of front walk overs, punch fronts, and aerials. 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.