

# Spring 2024 Schedule



	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3:00pm</b>							<b>AS Flyer Flex</b>	<b>AC</b>		
<b>4:00pm</b>	Kinder Kids Basic 2 BHS Series / Tuck <b>AS Stunt</b>	BB KB AW FG <b>Staff</b>	Kinder Kids Basic Basic 2 BHS <b>AS Jumps</b> <b>AS Flyer Flex</b>	KB FG BB AW <b>MP</b> <b>AC</b>	Basic Basic 2/BHS BHS <b>AS Stunt</b>	KB BB AW <b>Staff</b>	Kinder Kids Basic Basic 2 Series / Tuck <b>AS Tumble</b>	CB BB KB FG <b>JS</b>	<b>AS Stunt</b>	<b>Staff</b>
<b>5:00pm</b>	Basic	BB	BHS Stunt	BB Staff	BHS Tuck / Layout Flyer Flex <b>AS Tumble</b>	FG JS CB <b>AW</b>	BHS <b>AS BB 1/2</b>	FG <b>JS</b>		
<b>6:00pm</b>	BHS Jumps	BB AT	Basic 2 Cheer Prep <b>AS Tumble</b>	BB KB <b>JS</b>	Kinder Kids <b>AS BB 3/4</b>	CB <b>JS</b>	Tuck/Layout Cheer Prep <b>AS Flyer Flex</b>	JS FG <b>AC</b>		
<b>7:00pm</b>	BHS Tuck	BB JS	Basic BHS / Series Jumps	KB BB AT	Basic / Basic 2 Jumps Layout / Twist	KB BB JS	Layout/Twist Jumps	JS KB		
<b>8:00pm</b>			12 & Up	BB	Series/Tuck	JS	12 & Up	JS		
<b>Class Ratios:</b> Kinder Kids 8:1 Tumble Class 10:1 Jump / Flyer Flex Class 25:1			<b>Costs per 9 Week Session:</b> One Class: \$200 Two Classes: \$300 Unlimited: \$360 <b>*Must pre-register for classes.*</b>  <b>Spring Session: March 18<sup>th</sup> – May 24<sup>th</sup></b> <b>Gym CLOSED: April 29<sup>th</sup> – May 3<sup>rd</sup></b>			<b>Annual Registration - \$40</b> <b>Coaches:</b> AC Amanda Christiansen MP Madison Peters AT Amanhi Tyler KB Kendall Brazzell AW Ashley Weaver JO Jerry Ozuna BB Brooklyn Booth JS John Stuart FG Fladio Gamboa CB Claire Baker				

## CLASS DESCRIPTIONS & ABBREVIATIONS

### **KINDER KIDS CLASS - 55 minutes (3-6 years old)**

Our Kinder Kids program is a fun, high-energy movement and motor skill development program designed for ages 3 – 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 TUMBLE CLASS - 55 minutes (Starts at 6 years old)**

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 varieties of 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.

### **BACK TUCK CLASS (TUCK) - 55 minutes**

After all Series 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.

### **LAYOUT CLASS - 55 minutes**

After all Back Tuck Skills are mastered, we introduce and perfect layouts while focusing on correct body shapes in all skills. Layouts are mastered in running tumbling out of round offs and back handsprings. Connection skills are built out of front walk overs, punch fronts step outs, and whips.

### **TWIST CLASS - 55 minutes**

When all Layout Skills are mastered, we introduce and perfect fulls while focusing on correct body shapes in all skills. Fulls are mastered in running tumbling out of round offs and back handsprings. Connection skills are built out of front walk overs, punch fronts step outs, and whips. As the athlete progresses so will the difficulty of 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.