

Winter 2024 Schedule



	Monday		Tuesday		Wednesday		Thursday		Friday	
3:00pm							AS Flyer Flex	AC		
4:00pm	Kinder Kids Basic 2 BHS Series / Tuck AS Stunt	BB KB AW PL Staff	Kinder Kids Basic Basic 2 BHS AS Jumps AS Flyer Flex	KB FG PL AW MP AC	Basic Basic 2/BHS BHS AS Stunt	KB BB AW Staff	Kinder Kids Basic Basic 2 Series / Tuck AS Tumble	CB FG/BB KB PL JS	AS Stunt	Staff
5:00pm	Basic Series Layout / Twist AS Tumble	BB PL JS MP	BHS Stunt	PL Staff	BHS Flyer Flex	PL CB	BHS AS BB 1/2	PL JS/FG		
6:00pm	BHS Jumps AS BB 3/4	PL BB JS	Basic 2 Cheer Prep AS Tumble	PL KB JS	Kinder Kids Tuck / Layout AS Tumble	CB PL AW	Tuck/Layout Cheer Prep AS Flyer Flex	PL FG AC		
7:00pm	BHS Tuck	BB PL	Basic BHS / Series Jumps	KB PL AT	Basic Basic 2 Jumps Layout / Twist	KB PL BB JS	Layout/Twist Jumps	JS KB		
8:00pm			12 & Up	PL	Series/Tuck	PL	12 & Up	JS		
Class Ratios: Kinder Kids 8:1 Tumble Class 10:1 Jump / Flyer Flex Class 25:1			Costs per 9 Week Session: One Class: \$200 Two Classes: \$300 Unlimited: \$360 *Must pre-register for classes. * Winter Session: January 8th – March 8th Spring Session: March 18th – May 24th Gym CLOSED: January 15th, March 11th – 15th, April 29th – May 3rd			Coaches: AC Amanda Christiansen MP Madison Peters AT Amanhi Tyler KB Kendall Brazzell AW Ashley Weaver PL Paul Lewis 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 aerials.

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.