

Fall 2024



	Monday		Tuesday		Wednesday		Thursday	
4:00pm	Basic MS Basic 2 CC BHS SB AS Stunt Staff AS Jumps MP	Basic KB Basic 2 MR BHS CC Series SB DCC Pink Stars Staff	Kinder Kids KB Basic CC BHS SB AS Training AW AS Flyer Flex AC	Kinder Kids CB Basic SB Series CC AS Stunt Staff				
5:00pm	Kinder Kids MS Series SB Tuck CC AS Training MP AS Flyer Flex AC	BHS SB Tuck CC Kinder Kids KH AS Stunt Staff DCC Blue Stars Staff	Basic 2 MS Tuck SB Layout / Twist CC Stunt Staff AS Jumps MP	Basic KB BHS MR Layout CC Twist SB AS BB 1 & 2 Staff				
6:00pm	Basic MS BHS CC AS BB 2 & 3 Staff	Basic / Basic 2 FG Twist SB LCA Private Class CC DCC Silver Stars Staff	Series SB Flyer Flex MS LCA Private Class CC	Basic 2 SB BHS CC Jumps KB AS Training MP				
6:30pm			AS BB 5 & 6 Staff					
7:00pm	Basic 2 SB Layout CC Jumps MP	BHS FG Series CC Tuck SB AS Training AW AS Jumps MP AS Flyer Flex AC	Basic / Basic 2 MS BHS FG Tuck / Layout CC Jumps KB	Series SB Tuck CC Cheer Prep KB				
8:00pm	12 & Up (Tuck & Up) CC	Layout / Twist CC	12 & Up (BHS & Below) CC	No Springs Attached CC				
Coaches: AC Amanda Christiansen AT Amanhi Tyler AW Ashley Weaver CC Chris Caldwell FG Fladio Gamboa KB Kendall Brazzell MP Madison Peters MR Makayla Rogers MS Mia Sanchez CB Claire Baker			Costs per 9 Week Session: One Class: \$225 Two Classes: \$340 *Must pre-register for classes.* Annual Registration - \$60 Unlimited: \$405 Fall Session 1: August 12 th – October 11 th Fall Session 2: October 15 th – December 20 th Gym CLOSED: September 2 nd , October 14 th & November 25 th - 29 th			Class Ratios: Kinder Kids 8:1 Tumble Class 10:1 Jump / Flyer Flex Class 25:1		

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.