



Dallas SUMMER 2025

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|---|--|--|--|---|----------|
| 10:00 | Tumble Camp | Tumble Camp | Tumble Camp | Tumble Camp | | |
| 12:00 | Cheer Camp | Cheer Camp | Cheer Camp | Cheer Camp | | |
| | | | | | | |
| 2:00 | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | |
| 3:00 | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | |
| 4:00 | - Kinder Kids - Basic 1 - Basic 2 - BHS - Layout/Twist | -Kinder Kids -Series/Intro to Tuck - Tuck - Jumps | - Basic 1 - Basic 2 - Flyer Flex - Layout/Twist | - BHS - Series/Intro to Tuck - Tuck - Jumps | Pricing & Session Info: Annual Registration - \$60 Summer 1: \$100 (4 weeks) June 2 nd – June 26 th Summer 2: \$100 (4 weeks) July 14 th – Aug 7 th UNLIMITED CLASS PASS: \$350 PER SESSION UNLIMITED CLASS PASS: \$600 SESSION 1 & 2 | |
| 4:30 | | | | | | |
| 5:00 | -Series/intro to Tuck - Tuck - Jumps - TEAM SKILLS TRAINING TBD | - Basic 1 - Basic 2 - Layout/Twist - Flyer Flex -TEAM SKILLS TRAINING TBD | - Kinder Kids - Series/intro to Tuck - Tuck - TEAM SKILLS TRAINING TBD | - Kinder Kids - Basic 1 - Basic 2 - Layout/Twist - TEAM SKILLS TRAINING TBD | | |
| 5:30 | | | | | | |
| 6:00 | - Flyer Flex - BHS -TEAM TBD | - BHS -Jumps -TEAM TBD | - BHS -Jumps -TEAM TBD | - Tuck - Flyer Flex -TEAM TBD | | |
| 6:30 | | | | | | |

Express Cheer Dallas (Walnut Hill Rec Center) – 10011 Midway Rd. – Dallas, TX – 75229 www.expresscheer.com/dallas
 QUESTIONS: E-mail amy@expresscheer.com or text/call 214-984-8224

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