



Dallas WINTER/SPRING 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30	Toddler Open Play PRIVATE PreK Class	Toddler Open Play	Toddler Open Play	Toddler Open Play		
3:00		ESD Kinder (Walker) PRIVATE ESD BOYS (Short) PRIVATE				
3:30	SMS Kinder PRIVATE SMS 2 nd PRIVATE SMS 4 th PRIVATE McWilliams 1 st PRIVATE	ESD 2 nd (Dietz) PRIVATE ESD 1 st (Walker) PRIVATE	Hockaday Kinder PRIVATE SMS 3rd PRIVATE	Jensvold 3 yo PRIVATE Jensvold 4 yo PRIVATE ESD 2 nd (Mountain) PRIVATE		
4:00	St Rita 1 st PRIVATE GS (Greer) PRIVATE	St Rita Kinder PRIVATE St Rita 2 nd (Payne) PRIVATE DeGolyer PRIVATE Jumps	St Rita PreK PRIVATE Anderson BHS PRIVATE ESD (Dargusch) PRIVATE WP 1 st PRIVATE			
4:30	Sudie Tag Private Back Handspring	Back Handspring	Withers PRIVATE Parish PreK PRIVATE Parish 1 st PRIVATE	B2/Back Handspring Kinder Kids Tuck/Layout	Pricing & Session Info: Annual Registration: \$60 Second Class for one athlete: 50% off Sibling Discount: 10% off <u>WINTER:</u> \$250 (10 weeks) Jan 6 th – March 13 th <u>SPRING:</u> \$225 (9 weeks) March 23 rd – May 21 st CLOSINGS: 1/5/26 1/19/26 2/16/26 Spring Break: March 16-20	
5:00	DK Hunt PRIVATE SMS 3 rd PRIVATE Jumps Flyer Flex/Stunt	Kinder Kids Jumps Team Tumble PURPLE DIVAS (5-7)	Kinder Kids Basic 1 Basic 2 Tuck/Layout	PURPLE ENVY Twist		
5:30	Tuck/Layout Back Handspring			Basic 1&2 Back Handspring Jumps		
6:00	PURPLE FAME Basic 1&2 Cheer Prep Boys Tumble (10+)	Basic 1&2 Series/Intro to Tuck Flyer Flex Tumble Intro (12+) Woodrow PRIVATE	RELENTLESS Basic 1 Basic 2 Series/Intro to Tuck Cheer Prep	Standing Tuck St Rita 4 th PRIVATE		
6:30	Series/Intro to Tuck Twist	Back Handspring Tuck/Layout		Series/Intro to Tuck Flyer Flex/Stunt		
7:00	Jumps	Musgrave PRIVATE Co-ed STUNT	Back Handspring			

CLASS DESCRIPTIONS & ABBREVIATIONS

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 include: round off, back and front walkovers, cartwheel back walkover, and a strong handstand.

BACK HANDSPRING CLASS (BHS) - 55 minutes SKILLS NEEDED: Strong handstand & round-off, Back Walkover. SKILLS WORKED: running and standing BHS.

SERIES/INTRO TO TUCK CLASS - 55 minutes SKILLS NEEDED: Strong standing BHS, strong running round-off BHS. SKILLS WORKED: Running/Standing series BHS, specialty passes (front walkover to series), introduction to running tucks, series standing BHS to tucks.

TUCK/LAYOUT CLASS - 55 minutes SKILLS NEEDED: Strong running and standing series back handsprings, specialty running series BHS, introductory knowledge of back tucks. SKILLS WORKED: Running BHS Series to tucks, specialty running/standing passes to tuck, front tucks, aerials, standing tucks, layouts.

TWIST CLASS - 55 minutes SKILLS NEEDED: strong running layout & standing series to layout. SKILLS WORKED: Fulls, doubles, standing series to twist, whips, and bounding. Specialty standing & running to twist.

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, Hurdles 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.

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