

# 2021 SPRING TRAINING CLASS DESCRIPTION

**A.) Open Gym:** This is where athletes can come in and work independently on any skills they are looking to work on. There will be provided instruction during the Open Gym time however there will not be specific class instruction during this time.

**B.) Tumbling Class:** Each class level is broken down by day below is a description of each level so you can determine which class session you shall attend. Along with the scheduled level class we will also have all levels classes available after level specific classes as well.

**C.) Strength and flexibility:** Athletes will attend class during the proper allocated age bracket time slot. During this class athletes will get to work on increasing their strength and flexibility while working on all of their skills for cheerleading. Focusing on total body workout to be able to execute skills safely and properly, at a high-level. We will also educate the athlete on stretch routines & habits for success.

**Package Prices are based off the full training sessions (7weeks)  
May 17th through July 1st.**

**6 & under** class offered on Thursdays \$55  
Cheer abilities -**Extraordinary**

**Beginner & Level classes** are \$110 for the session 7wks.

**2 classes per week** including open gyms \$175  
7wks

You will be billed for the additional day if you want 2 days.

All class sessions are 2 hours per day The athlete will attend their respective tumbling level as well as their strength/conditioning & Open Stunt/Gym on the night of their class

## 6 & Under

This class is designed to get your cheer career started! In this class we will work on body control, and introduction to Tumbling fundamentals. Your athletes will learn the basics of tumbling starting with forward rolls and handstands. Athletes will work on the strength necessary to safely do bridges and begin their tumbling experience.

**Beginner/Level 1:** this class is designed for the young athlete that is ready to take their skills to the next level. This class requires competitive cheer experience or age 7 or older to participate. Athletes will be working on

Strengthening their knowledge of the basic fundamentals of tumbling. In this level we will focus training on perfecting forward Rolls, handstands, Cartwheels, round-offs, front walk over, back walk over, and connecting these skills together. For athletes that are ready we will also begin training backhand springs.

## 7 & older

**Level 2** This class is for athletes that have mastered the front & back walkovers, round offs, and are ready to begin handsprings training and handspring connections. In this level the concentration will include, handsprings and connecting level one tumbling to those handsprings. Training will include level 1 front tumbling skills connecting to round off handsprings, and series connections.

**Level 3** We will train those that are also ready to increase to backhand springs/series, and round off back handsprings tucks. Training will include handsprings & tuck variations, and speciality connections in running tumbling. We will also work on standing back handsprings (with jump connection) and other standing tumbling combinations within this level.

**Level 4/5/6:** This class is for those athletes that have mastered the round off back handspring back tuck and are ready to increase their skills to round off back handspring layout, and layout variations. We will also work on standing back handspring series flip (with jump connection) as well as, standing tucks and other standing tumbling combinations within these levels. This class is also designated for athletes that have mastered Round off Back Handspring Layout and are looking to work on fulls, double fulls and speciality combinations. We will also work on jump(s) to back tucks, handsprings to full, and standing fulls



\*\*See class Description & Calendar for your athletes specific time & level of class.

## *Class Schedule*

<b>Mondays</b>	<b>Ages 7 &amp; Older</b>	<b>5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28</b>
5:30PM-6:30PM	Beginner / Level 1	
6:30PM-7:00PM	Strength & Condition All	Includes Monday's Beginner & Level 1/2 Enrolled Athletes
7:00PM-7:30PM	Open Stunt & Gym All	Includes Monday's Beginner & Level 1/2 Enrolled Athletes
7:35PM-8:35PM	Level 2 Tumbling	
<b>Tuesdays</b>	<b>Ages 7 &amp; Older</b>	<b>5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29</b>
5:30PM-6:30PM	Level 3	
6:30PM-7:00PM	Strength & Condition All	Includes Tuesday's Level 3 & 4/5/6 Enrolled Athletes
7:00PM-7:30PM	Open Stunt & Gym All	Includes Tuesday's Level 3 & 4/5/6 Enrolled Athletes
7:35PM-8:35PM	Level 4/5/6	
<b>Wednesdays</b>	<b>Ages 7 &amp; Older</b>	<b>5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30</b>
5:30PM-6:30PM	Beginner / Level 1	
6:30PM-7:00PM	Strength & Condition All	Includes Wednesday's Beginner & Level 1/2 Enrolled Athletes
7:00PM-7:30PM	Open Stunt & Gym All	Includes Wednesday's Beginner & Level 1/2 Enrolled Athletes
7:35PM-8:35PM	Level 2	
<b>Thursdays</b>	<b>Ages 7 &amp; Older</b>	<b>5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1</b>
5:30PM-6:30PM	6 & Under	
6:30-7:30	Level 3	
7:30-8:00	Strength	Includes Thursday's Level 3 & 4/5/6 Enrolled Athletes
8:00-8:30	Open Stunt & Gym	Includes Thursday's Level 3 & 4/5/6 Enrolled Athletes
8:30-9:30	Level 4/5/6	
<b>Fridays</b>		<b>5/21, 5/28, 6/4, 6/11, 6/18, 6/25</b>
5:30-6:30	Open Tumble/Open Gym	Includes All Enrolled Athletes
6:30-7:30M	Cheerabilities	