

Fall 2022-2023 Gym Class Schedule

Time	Gym 1	Gym 2	Gym 3
<i>Monday</i>			
10:00-10:45am			
10:45-11:30am	Preschool Tumbling		
4-5pm	Level 4/5	Level 3 6yrs and up	Level 1/2 5-8yrs
5-6pm	Level 4/5	Level 2/3 5-8yrs	Level 2/3 9yrs up
6-7pm	Level 4/5	Level 3/4	Elite Cheer
7-8pm	Level 2/3 6yrs up	Elite Cheer	Level 3/4
8-9pm	JR High/High School Cheer Prep	Level 4/5	
<i>Tuesday</i>			
4-5pm	Level 4/5	Preschool Tumbling 3:45-4:30	Level 1/2 5-8
5-6pm	Level 4/5	Level 2/3 5-8yrs	Level 2/3 9yrs up
6-7pm	Level 4/5	Level 2/3 5-8yrs	Elite Cheer
7-8pm	Level 2/3 6yrs up	Elite Cheer	Level 3/4
8-9pm	Level 2/3	Level 4/5	JR High/High School Cheer Prep
<i>Wednesday</i>			
10:45-11:30am	Preschool Tumbling		
4-5pm	Level 4/5	Level 3 6yrs and up	Level 1/2 5-8yrs
5-6pm	Level 4/5	Level 2/3 5-8yrs	Level 2/3 9yrs up
6-7pm	Level 4/5	Level 2/3 5-8yrs	Elite Cheer
7-8pm	Level 2/3 6yrs up	Elite Cheer	Level 3/4
8-9pm	JR High/High School Cheer Prep	Level 4/5	
<i>Thursday</i>			
4-5pm	Level 4/5	Level 3 6yrs+	Level 1/2 5-8yrs
5-6pm	Level 4/5	Level 2/3 5-8yrs	Level 2/3 9yrs up
6-7pm	Level 4/5	Level 2/3 5-8yrs	Elite Cheer
7-8pm	Level 2/3 6yrs up	Elite Cheer	Level 3/4
8-9pm		Level 4/5	

Description of Classes

Dance Classes

Recital Teams: Dancers will take a combo ballet/jazz class. These same students together will learn choreographed dances to perform in the Winter Showcase and Spring Review.

Open Dance Class: Dancers in these classes are taking class for extra practice and work in that skill area. Class are open to dancers on other teams, junior high or high school dancers who want to keep up on their skills or those

Junior High/High School Cheer Prep: These classes are for older students who are looking to be prepared for junior high and high school cheer. Emphasis will be on jumps, tumbling and rallying.

Gym Classes

Tumbling Class: These classes are open to all tumblers who want to work on their skillset. Please see outlines of levels for appropriate class placement.

Elite Cheer: These classes are for students looking to work on cheer skills. Classes will include stunting, jumps, learning short cheers and a cheer routine for end of show. Classes will NOT include tumbling instruction.

Junior High/High School Cheer Prep: These classes are for older students who are looking to be prepared for junior high and high school cheer. Emphasis will be on jumps, tumbling and rallying.

TUMBLING LEVELS

LEVEL 1 (BASICS-BEGINNER)

HEADSTANDS
HANDSTAND PREPS AND DRILLS
HANDSTANDS
FORWARD AND BACKWARD
SOMERSAULTS
PLACEMENT OF HANDS AND FEET FOR CARTWHEELS, KICK AROUNDS, ROUND OFFS, HURDLES FOR ROUND OFFS
BACKBEND TRAINING
CARTWHEELS-BOTH LEFT AND RIGHT

LEVEL 2 (BASICS & TECHNIQUE BEGINNER-INTERMEDIATE)

ONE HANDED CARTWHEELS
ROUND OFFS
ROUND OFF REBOUNDS
LUNGE HANDSTANDS
HANDSTAND FORWARD ROLLS
BACKBEND KICKS
HANDSTAND BRIDGES
FORWARD & BACKWARD
STRADDLE ROLLS
BACK WALKOVERS
FRONT WALKOVERS

LEVEL 3 (INTERMEDIATE)

BACK WALKOVERS
ROUND OFF REBOUNDS
STANDING BACK
HANDSPRING BASICS
BACK HANDSPRINGS
AERIAL BASICS
SOLID AERIALS
CARTWHEEL
WINDMILL BACK WALKOVERS
STRADDLE HANDSTANDS
BACK EXTENSION ROLL
FRONT HANDSPRING
FRONT TUCK BASICS

LEVEL 4 (INTERMEDIATE-ADVANCED)

MULTIPLE STANDING BACK
HANDSPRINGS
RUNNING ROUND OFF BACK
HANDSPRINGS
MULTIPLE SIDE AERIAL
FRONT AERIALS
STANDING BACK TUCK BASICS
ROUND OFF WHIP BASICS
ROUND OFF TUCK BASICS
FRONT TUCK
FRONT HANDSPRINGS
(MULTIPLE)

LEVEL 5 (ADVANCED)

STANDING TUCKS
RUNNING TUCKS (ROUND OFF
AND HANDSPRING)
STANDING HANDSPRING TO
TUCK
ROUND OFF LAYOUT
ROUND OFF HS LAYOUT
RUNNING FULL TWISTING LAYOUT
DRILL
RUNNING FULL TWISTING LAYOUT
STANDING FULL TWISTING
LAYOUT
ARABIAN DRILLS AND SKILL

LIGHTBOX