



www.ocalstars.com
 (949) 766-TEAM (8326)

Cheer and Tumbling Class Schedule Session IV 2010 (June 21st - August 14th)

<u>Monday</u> <u>Tumbling / Cheer</u>	<u>Instructor</u>		
11:00 Tumble 1	Chelsea	6:00 Tumble 1	Ali
11:00 Handspring Class	Drew	Tumble 2	CC
12:00 Tumble 1	Drew	7:00 Tumble 1	CC
12:00 Tumble 2	Chelsea	Tumble 4	Ali
2:00 Tumble 3	Drew	8:00 Flyers - Body Builders	Ali
4:00 Tumble 1	Heather	<u>Thursday</u> <u>Tumbling / Cheer</u>	<u>Instructor</u>
Tumble 1	Chelsea	3:00 Tumble 1 (7 & under)	Becky
Tumble 2	Drew	4:00 Handspring Class	Heather
Tumble 4	John	4:30 Flyers - Body Builders	Mandy
5:00 Tumble 1	CC	5:00 Tumble 1 (5 & under)	Heather
Handspring Class	Heather	Tumble 2	Ali
Tumble 2	Ali	6:00 Tumble 1	Heather
Intro to Tuck	Chelsea	Tumble 1	Becky
Tumble 3	John	7:00 High School Prep	Heather
Tumble 4	Drew	<u>Friday</u> <u>Tumbling / Cheer</u>	<u>Instructor</u>
6:00 Tumble 1	CC	11:00 Tumble 1	Drew
Tumble 1 (13 and up)	Nycki	12:00 Tumble 2	Drew
Flyers - Body Builders	Ali	2:00 Tumble 3	Drew
Tumble 3	Drew	3:00 Cheernastics	Heather
7:00 Tumble 1	Ali	4:00 Tumble 1	Chelsea
Handsprings Class	Drew	Tumble 2	Heather
Tumble 2	CC	Tumble 3	CC
<u>Tuesday</u> <u>Tumbling / Cheer</u>	<u>Instructor</u>	Tumble 4	John
4:00 Tumble 1 (7 yrs and under)	Heather	Tumble 5	Nelson
Tumble 1	CC	"White" Developmental Cheer Team (4-5:30)	
5:00 Tumble 1	Chelsea	5:00 Flexibility Basics (flyer)	CC
Tumble 1 (7 yrs and under)	Heather	Tumble 1	Heather
5:30 Tumble 2	Ali	Tumble 2	Chelsea
6:00 Handsprings Class	Chelsea	Boys Tumbling (6-12)	Drew
7:00 Tumble 3	Chelsea	<u>Saturday</u> <u>Tumbling / Cheer</u>	<u>Instructor</u>
8:00 Handsprings Class	Chelsea	9:15 Tumble 1	Drew
<u>Wednesday</u> <u>Tumbling / Cheer</u>	<u>Instructor</u>	9:15 Cheernastics	Lauren
11:00 Tumble 1 (7 & under)	Chelsea	10:15 Tumble 2	Lauren
11:00 Tumble 1	Drew	10:15 Tumble 1	Drew
12:00 Tumble 1	Drew		
12:00 Tumble 2	Chelsea		
2:00 Handspring Class	Drew		
3:00 Tumble 1 (7 & under)	Heather		
Tumble 2	Drew		
4:00 Cheer "FUN"damentals	Heather		
Handspring Class	Drew		
Tumble 4	John		
5:00 Tumble 2	Nycki		
Intro to Tuck	CC		
Tumble 5	John		

OPEN GYM TIMES

Friday	6-7:30pm
Saturday	11:15-12:15pm

\$3.00 Team Members, \$5.00 Members, \$7.00 Non Members

OC All-Stars Cheer & Dance
 22321 Gilberto
 Rancho Santa Margarita, Ca 92688
www.ocalstars.com

Please call (949) 766-TEAM (8326) to sign up today!

Academy Class Information:

A class must have at least 3 members to begin or continue.

All classes last for 60 minutes unless otherwise noted.

All classes will carry a maximum enrollment of 8 students.

We guarantee at least a 8:1 student to staff ratio which allows one student in a filled class to do a make-up.

Make-ups are scheduled with the front desk, provided that:

1. You are currently enrolled in a class in which your financial status is up to date.
2. You have not exceeded two (2) make-ups in one 8 week session.

*Make-up classes must be scheduled with the front desk ahead of time.

3. No make-ups are allowed if you are enrolled in a

Academy Class Pricing:

Annual Membership Fee: \$40.00 per student
Includes free t-shirt!

Academy Class Fees - 8 week sessions

1 HOUR CLASS	45 MIN. CLASS
1st Class/Child \$125	1st Class/Child \$95
2nd Class/Child \$100	2nd Class/Child \$76
3rd Class/Child \$87.50	

Private Lessons - Set up individually with your preferred instructor.

Time	Single	Double	Triple
1/2 hour	\$40	\$50	\$69
1 hour	\$60	\$80	\$99

Class Descriptions

Cheer "FUN"damentals Class:

OC All-Stars cheer classes are fun classes that are centered around learning the basic fundamentals of cheerleading. These skills include motion and jump technique combined with an introduction to basic tumbling.

Flexibility Basics:

Want to fly for your team? Start here. In this class students will learn and practice the importance of flexibility from head to toe. Complete with partner stretching and emphasis on balance, students will focus on techniques needed to prepare for body builders.

Body Builders:

Prepare to push your flexibility to the max in this OC flyers class. Body Builders will focus on muscle control and refining body positions such as the heel stretch, scorpion, and arabesque. Students must have a flexibility evaluation by a flying instructor to enter this class.

Air Awareness:

Are you afraid of heights? Master your flying skills in our air borne specialty class. Take your body positions to new limits while working basket tosses and specialty dismounts. With emphasis on suspension control this class will be taught primarily on the trampoline.

White Team- This is a 12 week long 1.5 hour class that introduces the student to competition cheerleading. They learn the basics of stunting, tumbling, dance, jumps, and cheer motions. They are then taught a short routine that incorporates all of these elements and perform it for their friends and families here at the gym. Each student will receive a set of practice clothing, and the use of a uniform for their parent performance. Please see the front desk for additional details and pricing!

Handspring Class- This class will teach the techniques of the standing and round-off back handsprings only. This class will help to bridge the gap between levels one and two. It is highly suggested that athletes coming from level 1 tumbling attend this class before entering level two.

Intro to Tuck - This class is designed to take level 2 students that are ready to learn the basics of a back tuck. It will help get them ready for a level 3 class.

Tumble 1

This class will teach the basic body positions through various exercises. Students will practice to perfect the handstand, round off, and backbend kick over. Strength conditioning will be included to prepare the athlete towards learning a back handspring. No previous experience is needed to join this class.

Tumble 2:

In this class students will focus on learning a standing back handspring as well as a round off- back handspring. While continuing to perfect body positions taught in tumble 1, students will learn the basics in combining skills such as standing and running double back handsprings. The required skills to enter this class are:

Ability to rebound from a round off

Handstand to bridge

Back bend kick over

Tumble 3

This class will introduce students to flight skills such as front and back tucks. While continuing to perfect front and back handspring series, students will practice techniques that focus on core building. Students will train to perform tucks traveling into and out of round offs and back handsprings. Skills required to enter this class are:

Standing double back handsprings

Round off back handspring series

Tumble 4:

This class is designed to master body control in flight skills as well as combination passes. Students will learn body positions to prepare them for twisting skills such as the layout. Standing tucks previously introduced will be refined here. Skills required for tumble four are:

Round off tuck

Round off back handspring tuck

Toe touch back handspring

Tumble 5

This is our most advanced class offered. Students will work to master elite skills such as multiple twists and trick combination passes. Emphasis will focus on standing skill combinations and perfecting corner to corner passes. Requirements to join tumble 5 are:

Standing tuck

Back handspring back tuck

Round off back handspring layout

High School Prep

This class is designed to help cheerleaders preparing for junior high or high school try-outs. They will be covering all aspects of a try-out such as motions, jumps, and tumbling. If you want to make your school team make sure you check out this class.

