



Cheer and Tumbling Class Schedule

Go to www.ocalstars.com and hit enroll now to sign up today

<u>Monday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>	<u>Thursday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00	Handspring Class 14 & Up	Nelson	4:00	Handspring Class	Kylie
5:00	Handspring Class	Susanne		Handspring Class	Amy
	Tumble 2	Alyssa	5:00	Tumble 1	Michael
	Tumble 3	Nelson		Handspring Class	Kylie
6:00	School Cheer Prep	Alyssa		Tumble 3	Shane
	Tumble 1 (12 and up)	Michael	6:00	Handspring Class	Kylie
7:00	Tumble 1	Susanne		School Cheer Prep	Susanne
	Tumble 3/4	Shane	7:00	Tumble 1	Amy
	Tumble 2	Michael			
<u>Tuesday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>	<u>Friday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00	Tumble 1	Kylie	4:00	Handspring Class	Alyssa
5:00	Tumble 1	Susanne		Tumble 3/4	Amy
	Handspring Class	Shane	5:00	Tumble 1	Alyssa
6:00	Tumble 1	Alyssa		Tumble 2/3	Amy
	Handspring Class	Kylie			
7:00	Tumble 4/5	Ali			
<u>Wednesday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>	<u>Saturday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00	Tumble 2	Kylie	9:15	Tumble 1	Michael
	Tumble 4/5	John		Handspring Class	Vicky
5:00	Tumble 1	Susanne	10:15	Tumble 1	Susanne
	Handspring Class	Kylie		Handspring	Vicky
	Tumble 4	John		Tumble 2/3	Michael
	Intro to Tuck	Nelson			
6:00	Tumble 1	Kylie			
	Tumble 2	Shane			
	Tumble 4/5	John			
7:00	Handspring Class 14 & Up	Susanne			
	Handspring Class	Crystal			

ACADEMY OPEN GYM TIMES

Saturday 11:15-12:15 PM

\$8.00 Members & Team Members

*Sign Up on the portal

OC All-Stars Cheer & Dance
19531 Pauling, Suite 200
Foothill Ranch, Ca 92610
www.ocalstars.com
(949) 766-8326

Academy Class Information:

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

*All classes will carry a maximum enrollment of 8 students. (One Make up is allowed In each class)

*We guarantee at least an 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 one (1) make-up per month.

Academy Class Pricing:

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

Academy Class Fees

1 HOUR CLASS

1st Class/Child 4 week month \$72

1st Class/Child 5 week month \$90

2nd Class/Child 4 week month \$60

2nd Class/Child 5 week month \$78

3rd Class/Child 4 week month \$52

3rd Class/Child 5 week month \$40

Private Lessons - Set up individually with your preferred instructor or Contact Kylie@ocallstars.com for details.

Class Descriptions

School Cheer Prep

This class is designed to help cheerleaders prepare 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 be sure you check out this class.

LITE TEAM

The Academy Cheer Teams are designed as an introduction to the Cheer Team atmosphere. It gives your athlete a chance to experience what it is like to be a part of a team, learn a full routine to music and perform. Skills that will be learned and showcased in their routine will include: motions, jumps, overall choreography, transitions, stunts, pyramids, tumbling and more. Email Shane@ocallstars.com if you are interested in the next session of ACT.

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.

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. Required skills are:
Strong rebound from a round off, Handstand to bridge with a stand-up, Back bend kick over

Tumble 2

In this class students will focus on perfecting 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. Required skills are:

Standing back handspring, Round off back handspring

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 bridge the gap and get them ready for a level 3 class. Required skills are:

Standing double back handsprings, Round off back handspring series

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. Required skills are:

Round off tuck/Round off BHS tuck with a light spot or on the trampoline.

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. Required skills are:

Round off back handspring tuck, Standing tuck with light spot

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 their running tumbling passes.