



www.ocallstars.com  
(714) 777-7159

## Academy Class Schedule

| <u>Monday</u>    | <u>Tumbling / Cheer</u> | <u>Instructor</u> | <u>Thursday</u> | <u>Tumbling / Cheer</u> | <u>Instructor</u> |
|------------------|-------------------------|-------------------|-----------------|-------------------------|-------------------|
| 4:00-5:00        | Tumble 1                | Vicky             | 4:00-5:00       | Tumble 1                | DJ                |
|                  | Back Handspring         | Mandy             | 6:00-7:00       | Tumble 1                | Ashley            |
| 5:00-6:00        | Lite Team               | Vicky             | 7:00-8:00       | Advance Tumbling        | Ashley            |
| 6:00-7:00        | Tuck                    | Vicky             |                 |                         |                   |
| 8:00-9:00        | Advance Tumbling        | Sypen             | <u>Friday</u>   | <u>Tumbling / Cheer</u> | <u>Instructor</u> |
|                  |                         |                   | 5:00-6:00       | Tumble 1 & 2            | Vicky             |
| <u>Tuesday</u>   | <u>Tumbling / Cheer</u> | <u>Instructor</u> | 6:00-7:30       | Tumble 3, 4 & 5         | Sypen             |
| 5:00-6:00        | Tumble 1                | Vicky             |                 | Open Gym                |                   |
| 6:00-7:00        | Tuck                    | DJ                |                 |                         |                   |
|                  | Tumble 1                | Sypen             |                 |                         |                   |
|                  | Back Handspring         | Vicky             |                 |                         |                   |
| <u>Wednesday</u> | <u>Tumbling / Cheer</u> | <u>Instructor</u> |                 |                         |                   |
| 4:00-5:00        | Back Handspring         | Vicky             |                 |                         |                   |
| 5:00-6:00        | Tumble 1                | Vicky             |                 |                         |                   |
| 6:00-7:00        | Tuck                    | Ashley            |                 |                         |                   |
| 7:00-8:00        | Back Handspring         | Ashley            |                 |                         |                   |

**OC All- Stars Cheer**  
**5462 E. La Palma Ave.**  
**Anaheim, Ca 92807**  
**For questions or enrollment please**  
**call (714) 777-7159**

### Academy Class Information:

- \*A class must have at least 3 members to begin or continue.
- \*All classes last for 60 minutes.
- \*All classes will carry a maximum enrollment of 8 students.
- \*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 Monthly Fees -

#### 1 HOUR CLASS

- 1st Class/Child \$60
- 2nd Class/Child \$48
- 3rd Class/Child \$36

### Academy Single Class-

\$15.00 / Single Class

**Private Lessons** - Set up individually with your preferred instructor.

| TIME     | SINGLE | SHARED(2) | SHARED(3) |
|----------|--------|-----------|-----------|
| 1/2 hour | \$40   | \$50      | \$69      |
| 1 hour   | \$60   | \$80      | \$99      |

\*Fee for shared lesson is the total fee, not per person

# Class Descriptions

### 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 make sure you check out this class.

### Flyers:

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.

### Jump:

This class is designed to help cheerleaders learn jump technique, proper jump stretches and all jump skills.

### Lite Team

This is a 3 month long, 1 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.

Please see the front desk for additional details and pricing!

### 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, back walkover, frontwalkover.. Strength conditioning will be included to prepare the athlete towards learning a back handspring. No previous experience is needed to join this class.

### Back 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
- Back walkover
- Front Walkover

### Tuck

This class is designed to take level 2 students that are ready to learn the a back tuck. It will help bridge the gap and get them ready for a level 3 class.

Required skills are:

- Standing triple back handsprings
- Round off back handspring series

### Advance

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:

- Must have approval from a coach to enroll in this class
- Round off back handspring tuck
- Standing tuck