



## Class Schedule

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<u>Monday</u>	<u>Class</u>	<u>Instructor</u>	<u>Thursday</u>	<u>Class</u>	<u>Instructor</u>
4:00pm	Tumble 1	Brandon	10:00am	Tumble Tots (Ages 3-4)	Heather
	Tumble 4/5	John	4:00pm	Ninja Warrior (Age 8 & Up)	Kali
5:00pm	Tumble Jr (Ages 5-6)	Ryan		Tumble Jr (Ages 5-6)	Kylie
	Handspring	Brandon		Intro to Tuck	Zack
	Tumble 2	Jonah	4:15pm	Tumble Tots (Ages 4-5)	Heather
	Tumble 3	Amy	5:00pm	Tumble Tots (Ages 3-4)	Heather
6:00pm	School Cheer Prep	Ryan		Ninja Warrior (Age 5-8)	Kali
	Tumble 1 (12 and up)	Jonah		Tumble 1	Kylie
	Tumble 4/5	Kylie		Tumble 2	Amy
7:00pm	Tumble 1 (12 and up)	Jonah		Tumble 3	Zack
	Handspring	Kylie	6:00pm	Ninja Warrior (Age 8 & Up)	Kali
8:00pm	Tumble 5/6	Jonathan		Tumble 1	Jonathan
				Handspring	Kylie
				Tumble 2/3	Zack
				Tumble 4/5	Amy
<u>Tuesday</u>	<u>Class</u>	<u>Instructor</u>	<u>Friday</u>	<u>Class</u>	<u>Instructor</u>
4:00pm	Ninja Warrior (Age 8 & Up)	Kali	4:00pm	Handspring	Jonathan
	Tumble Jr (Ages 5-6)	Kylie	5:00pm	Tumble 2/3	Jonathan
	Tumble 3	Brandon	6:00pm	Tumble 1	Jonathan
5:00pm	Ninja Warrior (Age 5-8)	Kylie			
	Tumble Jr (Ages 5-6)	Ryan			
	Tumble 1	Haley			
	Handspring	Brandon			
	Tumble 3	Kylie			
	Tumble 4/5	Zack			
6:00pm	Ninja Warrior (Age 8 & Up)	Nathan	<u>Saturday</u>	<u>Class</u>	<u>Instructor</u>
	School Cheer Prep	Ryan	9:15am	Tumble 1	Kylie
	Handspring	Kylie		Tumble Tots (Ages 3-4)	Vicky
	Tumble 2	Jonathan	10:15am	Tumble 4/5	Kylie
	Intro to Tuck	Zack		School Cheer Prep	Vicky
7:00pm	Tumble 1	Kylie	11:15am	Tumble Jr (Ages 5-6)	Vicky
<u>Wednesday</u>	<u>Class</u>	<u>Instructor</u>	<u>Open Gyms</u>	<u>Price</u>	
10:00am	Tumble Tots (Ages 3-4)	Heather	2-3:30pm	Tuesday	\$12
4:00pm	Tumble 1	Brandon	2-3:30pm	Thursday	\$12
	Tumble 3	Kylie	6-7:30pm	Friday	\$12
	Tumble 4/5	John	11:15-12:15am	Saturday	\$8
5:00pm	Ninja Warrior (Age 5-8)	Tanner			
	Tumble 1	Amy			
	Tumble 1 (Age 10&Up)	Haley			
	Handspring	Kylie			
	Intro to Tuck	Brittany			
	Tumble 4/5	John			
6:00pm	Ninja Warrior (Age 8 & Up)	Nathan			
	Tumble 2	Kylie			
7:00pm	Tumble 2	Ali			

**Academy Class Information:**  
 \*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 done in the Parent Portal. After your missed class you will receive a make up token.

# 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.

## Tumble Tots (Ages 3-4)

Tumble Tots will branch out on their own in a safe and structured class focusing on building strength and flexibility as well as developing gross motor skills and social skills. Students will learn a basic introduction to tumbling, balance beam, bars, rings, tumbling track and more.

## Tumble JR (Ages 4-5)

This class is designed for athletes ages 3-6 years old. Keeping with our fun class environment your athlete will be introduced to tumbling. This class will help teach the athlete the proper progression to get ready for an academy tumbling level 1 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.

## 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 perfect 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.

## **Academy Class Pricing:**

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

## **Academy Tumbling Class Fees**

### 1 HOUR CLASS

1st Class/Child	4 week month	\$88
1st Class/Child	5 week month	\$110
2nd Class/Child	4 week month	\$76
2nd Class/Child	5 week month	\$96
3rd Class/Child	4 week month	\$68
3rd Class/Child	5 week month	\$88

## **Ninja Warrior Class Fees**

### 1 HOUR CLASS

1st Class/Child	4 week month	\$100
1st Class/Child	5 week month	\$125
2nd Class/Child	4 week month	\$88
2nd Class/Child	5 week month	\$113
3rd Class/Child	4 week month	\$80
3rd Class/Child	5 week month	\$105

## **Tumble Jr & Tots Class Fees (Ages 3-6)**

### 1 HOUR CLASS

1st Class/Child	4 week month	\$68
1st Class/Child	5 week month	\$85

\*All classes are non refundable

Private Lessons - Set up individually with your preferred instructor or Contact [Kylie@ocalstars.com](mailto:Kylie@ocalstars.com) for details.

## **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 5/6**

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.

Required skills are: Standing tuck, Back handspring back tuck, Round off back handspring layout

## **Ninja Warrior**

In each Ninja Class you will be following the Ninja warrior Principles: "Engage Your Mind", "Challenge Your Body" and "Free Your Soul". Parkour and Ninja Warrior skills as well as physical conditioning and flexibility are meshed together into cohesive and exciting curriculum that will push the boundaries. You will: "Engage Your Mind" by learning and perfecting skills that require precision and focus. You will: "Challenge Your Body" by conditioning your body to get stronger and more flexible. You will: "Free Your Soul" by being given the opportunity to take your learned skills and physical advancement and adapt them to an ever changing environment.