

# THE OC ALL STARS



## OC Academy Schedule

Monday		Coach	Tuesday		Coach	Wednesday		Coach
4:00pm	Tumble 1,2	Natalie	4:00pm	Tumble 1,2	Kaylan	3:00pm	Tumble 1	
				Cheer Fundamentals	Hope			
5:00pm	Tumble 1,2	Natalie	5:00pm	Tumble 1,2	Hope	4:00pm	Tumble 1,2	Faith
	Tumble 3,4,5	BOB'O		Tumble 3,4,5	Kayla			
	Jumps & Conditioning	Lauren		Jumps & Conditioning	Madi	5:00pm	Tumble 1,2	Faith
6:00pm	Tumble 1,2	Lauren	6:00pm	Tumble 1,2	Hope		Jumps & Conditioning	Bob'o
	Tumble 3,4,5	BOB'O		tumble 3,4,5	Kayla	6:00pm	Tumble 3,4,5,	Bob'o
	Flyers stretch	Vicky		Flyers stretch	Madi		Flyers stretch	Faith
8:00pm	Adult open gym	BOB'O						
Thursday		Coach	Friday		Coach	Saturday		Coach
3:00pm	Dancer	Natalie	3:00pm	Tumble 1,2	Natalie	10:00am	Tumble 1	Natalie
				Tumble 3,4,5	Vicky		Tumble 2	Kayla
4:00pm	Tumble 1,2	Faith	4:00pm	Tumble 1,2	Natalie	11:00am	Tumble 1,2	natalie
	Cheer Fundamentals	Madi		Highschool Prep	Vicky		Tumble 3,4,5	Bob'o
5:00pm	Tumble 1,2	Faith	5:00pm	Tumble 1,2	Natalie		Adult tumbling	Kayla
	Jumps & Conditioning	Madi		Tumble 3,4,5	Vicky	12:00pm	Tumble 1,2	Kayla
6:00pm	Tumble 1,2	Faith	6:00pm	Open Gym	Vicky		Tumble 3,4,5,	Bob'o
	Sunny Hills	Madi					Jumps & conditioning	Natalie
						1:00pm	Open gym	Kayla



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## **Cheer Fundamentals**

This class is designed to help spark the love of tumbling for our 5 year olds and older, in a fun and exciting way.

## **Cheer FUNDamentals**

This class is designed to help athletes understand the basics of cheerleading. They will work on jumps, flexibility, stunting, motion technique, and tumbling. After this class they will have an understanding of the basics of cheerleading and ready to join the sport.

## **Flyers Stretch**

Prepare to push your flexibility to the max in this flyers class. Body builders will focus on muscle control and refining body positions such as the heel stretch, scorpion, and arabesque.

## **Jump and conditioning**

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!

## **Adult Tumbling**

This class is designed to help anyone over the age of 18 with their tumbling desires. Whether it's your first time taking cheer or you are dusting the rust off of some old skills, or you just want to learn some new ones. We have a class JUST for you! No experience required.

## **Adult Open Gym**

This is an open gym for 18 years and older. You can come work on both stunting and tumbling in a relaxing and supportive environment.

## **Academy Class Information:**

- \*A class must have at least 3 members to begin or continue.
- \*All classes last for 55 minutes.
- \*All classes will carry a maximum enrollment of 8 students.
- \*We guarantee at least an 8:1 student to staff ratio
- \*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.

## **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, front walkover.. 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**

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

## **Tumble 3**

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

## **Tumble 4,5**

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

## **Academy Class Monthly Fees**

### 55 Min CLASS

1st Class/Child 4 week month \$80

1st Class/Child 5 week month \$100

2nd Class/Child 4 week month \$70

2nd Class/Child 5 week month \$90

3rd Class/Child 4 week month \$60

3rd Class/Child 5 week month \$ 80

## **Academy Single Class**

\$20.00/ Single Class

## **Private Lessons**

Set up individually with your preferred instructor.

TIME	SINGLE	SHARED(2)	SHARED(3)
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1/2 hour	\$40	\$60	\$80
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1 hour	\$70	\$90	\$110
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\*Fee for shared lesson is the total fee, not per person

## **Open Gym Fees**

Adult Open Gym Mondays \$5

Friday & Saturday Open Gym \$10

