

# OC All-Stars

## MON

4:00pm Tumble-1&2  
5:00pm Jumps & Conditioning  
5:00pm Tumble-1&2  
5:00pm Tumble-3,4,5  
5:30pm Lite team  
6:00pm Flyers Stretch  
6:00pm Tumble 1  
6:00pm Tumble-3,4,5  
6:30pm Tumble-2  
7:00pm Flight School  
8:00pm ADULT OPEN GYM

## TUE

4:00pm Cheer Fundamentals  
4:00pm Tumble-1,2  
5:00pm Tumble-1/2  
6:00pm Flyer Stretch  
6:00pm Tumble-1/2

## WED

4:00pm Tumble-1&2  
5:00pm Tumble-1&2  
5:30pm Flyer Stretch  
6:00pm Tumble-3/4/5  
7:00pm Flight School

## THU

4:00pm Cheer Fundamentals  
4:00pm Tumble-1,2  
5:00pm Jumps & Conditioning  
5:00pm Tumble-1,2  
6:00pm Tumble-1/2  
8:00pm TUMBLE 3,4,5

## FRI

4:00pm Highschool prep  
4:00pm Tumble-1/2  
5:00pm Tumble 3/4/5  
5:00pm Tumble-1/2  
6:00pm Open Gym

## SAT

11:00am Tumble-1  
10:00am Tumble-2  
11:00am Adult Tumbling  
11:00am Tumble-1/2  
11:00am Tumble-3/4/5  
12:00pm Jumps & Conditioning  
12:00pm Tumble 3,4,5  
12:00pm Tumble-1/2

## PRIVATE PRICING

**SINGLE**  
\$40 FOR ½ HOUR  
\$70 FOR 1 HOUR

**SHARED (2 ATHLETES)**  
\$60 FOR ½ HOUR  
\$80 FOR 1 HOUR

**SHARED (3 ATHLETES)**  
\$80 FOR ½ HOUR  
\$100 FOR 1 HOUR

## CLASS PRICING

Single class-\$22  
4 week class-\$88  
5 week class- \$110  
Adult open gym- \$5  
Open gym- \$10

# OC All-Stars

## 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

## **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:

You must have approval from a coach to enroll in this class

Round off back handspring tuck

Standing tuck

## **Flight School**

Open to all athletes who want more experience flying. This class will combine flexibility, body position training, and actual air time on trained athletes.