

THE OC ALL STARS



Academy Class Schedule

Monday				Tuesday				Wednesday			
Time	Day	Class	Coach	Time	Day	Class	Coach	Time	Day	Class	Coach
4pm	MON	Tumble-1&2	Natalie	4pm	Tues	Cheer Fundamentals	Hope	4pm	Wed	Tumble 1	Kambria
5pm	Mon	Jumps and Conditioning-	Lauren	4pm	Tues	Tumble-1,2-	Madi	4pm	Wed	Tumble2	Bobo
5pm	Mon	Tumble-1&2-	Natalie	4pm	Tues	Tumble Basics	Rachel	4pm	Wed	Tumble 3,4,5	kayla
5pm	Mon	Tumble-3,4,5	BOBO	5pm	Tues	Tumble-1	Hope	4pm	Wed	Tumble Basics	Rachel
6pm	Mon	Flyers Stretch	Kambria & Natalie	5pm	Tues	Tumble-2	Rachel	5pm	Wed	Tumble1	Kambria
6pm	Mon	Tumble-1	Lauren	5pm	Tues	Jumps and Conditioning	Kayla	5pm	Wed	Tumble 2	bobo
6pm	Mon	Tumble-2	Amberli	6pm	Tues	Flyer Stretch	Kayla	5pm	Wed	Tumble 3,4,5	kayla
6pm	Mon	Tumble-3,4,5	BOBO	6pm	Tues	Tumble-1/2	Hope	5pm	Wed	Jumps & Conditioning	Rachel
6:30pm	Mon	Tumble-2	Hope	6pm	Tues	TUMBLE 3,4,5-	Rachel	5:30pm	Wed	Flyers stretch	Madi
7pm	Mon	Tumble 1,2	Kambria	7pm	Tues	Chino Hills High School Tumbling	Bobo	6pm	Wed	Tumble 1 & 2	Rachel
7pm	Mon	TUMBLE 3,4,5	Amberli	7pm	Tues	TUMBLE 3,4,5-	Rachel	6pm	Wed	tumble 3,4,5	bobo
				8pm	Tues	Canyon High School VARSITY Tumbling	MAdi danielle Dj Nelson	7pm	Wed	Tumble 3,4,5	Rachel

Thursday				Friday				Saturday			
Time	Day	Class	Coach	Time	Day	Class	Coach	Time	Day	Class	Coach
4pm	Thursday	Cheer Fundamentals-4PM-THURS	Madi	4pm	Friday	Highschool	Amberli	10am	Saturday	Tumble-1	Kambria
4pm	Thursday	Tumble-1&2	Rachel	4pm	Friday	Tumble-1/2	Kambria	10am	Saturday	Tumble-2	Amberli
5pm	Thursday	Jumps & Conditioning	Amberli	5pm	Friday	Tumble 3/4/5	Amberli	11pm	Saturday	Tumble-1/2	Kambria
5pm	Thursday	Tumble-1/2	Kayla	5pm	Friday	Tumble-1/2	Kambria	11pm	Saturday	Tumble-3/4/5	AMberli
5pm	Thursday	Tumble-3,4,5-	Rachel	6pm-8pm	Friday	Open gym	Staff	12pm	Saturday	Jumps & Conditioning	Kambria
6pm	Thursday	Tumble 2	Rachel					12pm	Saturday	Tumble-1/2	Amberli
6pm	Thursday	Tumble-1	Amberli								
7pm	Thursday	Tumble 3	Amberli								



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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

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

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.

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)
1/2 hour	\$40	\$60	\$80
1 hour	\$70	\$90	\$110

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

Open Gym Fees

Adult Open Gym Mondays \$5

Friday & Saturday Open Gym \$10

