

THE OC ALL STARS



<u>Monday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1 Age 5-9	Emily
	Tumble 2	Ashlyn
5:00pm	Tumble 1	Emily
	Tumble 2/3	Ashlyn
6:00pm	Tumble 1/2	Emily
	Tumble 3/4/5	Mackenzey
6:30pm	Flight School	Bobo
8:00pm	Adult Open Gym	Oc Staff

<u>Thursday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1 Age 5-9	Ashlyn
5:00pm	Tumble 1	Natalie
	Tumble 2/3	Ashlyn
6:00pm	Tumble 1/2	Natalie
	Tumble 3/4/5	Ashlyn
7:30pm	Flight School	Bobo

<u>Tuesday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Cheer Fundamentals	Skylie
	Tumble 1	Nick
5:00pm	Tumble 1/2	Skylie
	Tumble 3/4/5	Nick
6:00pm	Tumble 1	Skylie
	Boys Tumbling	Nick

<u>Friday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1	Skylie
	Tumble 2	Emily
5:00pm	Tumble 1	Skylie
	Tumble 2/3	Emily
6:00pm	Open Gym	Oc Staff

<u>Wednesday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1,2	Ashlyn
	Tumble 3/4/5	Nick
5:00pm	Tumble 1	Ashlyn
	Tumble 2/3	Nick
6:00pm	Tumble 1/2	Ashlyn
	Tumble 3/4/5	Nick

<u>Saturday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
9:00am	Tumble 1	Kenzie
	Tumble 2	Bobo
10:00am	Tumble 1/2	Kenzie
	Tumble 3/4/5	Bobo
11:00am	Jumps and conditioning	Kenzie
	Adult tumbling	Bobo



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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 a better 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 firsttime 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

Flight School!

This class athletes will be put in the are to gain air awareness as well as experience. Athletes will progress based on experience.

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.

Required skills are:

Strong rebound from a round off

Back walkover

Front Walkover

Tumble 3

This class is designed to teach athletes a back and front tuck.

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

High School Prep

This class helps athletes start their preparation for high school cheer. Athletes will learn motion, jumps, cheers and stunts.

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 –

\$25 / Single class

\$100 / 4-Week Month

\$125 / 5-Week Month

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	\$100

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

Open Gym Fee –

Monday Adult Open Gym- \$5.00

Friday Open Gym- \$10.00

