

X-CEL ATHLETICS HOME OF STEP 1 ALLSTARS NORTH CLASS SCHEDULE JUNE 1, 2025-AUGUST 23, 2025

TUMBLING CLASSES

Class	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Magic Stars -from walking to 3 years old. An introduction to the basics of gymnastics and tumbling. Focus on balance, strength, body awareness, motor skills and building self-confidence in a fun, positive environment. Parents are taught proper progressions and spotting techniques for basic gymnastics, tumbling and cheerleading skills.		4:15-5PM					
Junior Stars - This class is for our younger athletes new to tumbling. Athletes start off learning the perfect handstand, and then learn forward and backward rolls, as well as cartwheels. Athletes also learn standing bridges and body control. They begin learning bridge positions and body awareness. This class is geared towards ages 3-5 years old.				6-7PM	4-5PM		9-10AM
Beginning Tumbling – Learn forward and backward rolls, as well as cartwheels, cartwheel step ins. Athletes learn standing bridges and body control as well as the beginning of back walk overs and handstand limber ups, handstand bridges and handstand rolls. This class is for all ages 5 years and up that are new to tumbling.			7-8PM	6-7PM	4-5PM		9-10AM
Level 1 Tumbling - this class is for athletes that are transitioning out of beginning tumbling or have mastered handstand holds, cartwheel step ins. They must also have bridge transitions. They learn round offs, back walk overs, front walk overs, back extension rolls, valdez and level 1 specialty passes and tumbling connections. This class is skill based, not age based.		5-6PM		4-5PM 7-8PM	5-6PM		12-1PM
Level 1/2 Tumbling ages 11 and older- this class is for our older athletes working their level 1 skills are working on their level 2 skills. If a younger athlete is interested in taking this class, please email at mvitale@x-celathletics.com			8-9PM				

Level 2 Tumbling Beginner - This class is for those athletes that have mastered a back walk over, handstand limber up, and round offs basics. Learning standing handsprings, round off handsprings, handstand pops, and continuing with the round off rebound, back extension roll and valdez.		5-6PM	4-5PM				10-11AM
Back Handspring Class - All Ages – this class is geared towards our school cheerleaders, dancers and recreational tumblers who want to focus on one skill....the back handspring. This class will focus on drills specifically for that. Must have a strong back bridge in order to take the class. Team athletes are able to take this class as an additional class. Not as their primary class				8-9PM			
Level 2 Tumbling Advanced-this class is geared toward athletes that have standing handsprings, round off handspring on their own and are working to improving technique, level 2 combo passes and specialty passes of front walk over round off handsprings, and series, as well as handspring step outs, flysprings and front handsprings, progressing towards level 3 standing and adding tucks.		5-6PM	4-5PM 5-6PM	4-5PM			10-11AM
Level 3 Tumbling – This class is for those athletes that have mastered level 2, with round off handspring series, standing handspring level 2 specialty combos, front handspring, fly springs, and level 2 combo passes. This class works the technique of punch fronts, ariels, round off handspring tucks, standing series, including handspring step out series, jump to handspring and combo passes, specialty level 3 advanced and elite passes.		4-5PM	5-6PM				
Level 3 and 4 Tumbling - This Class is for athletes working level 3 skills and/or level 4 skills. Must have 3 standing handsprings, and handspring step out series, as well as round off handspring series in order to attend the class. This is for athletes adding the tuck or layout and working punch fronts, punch front step outs and standing handsprings to tucks.							11AM-12PM

Level 4 Tumbling-this class is geared toward athletes that have mastered level 3 (must have round off BHS, back tuck, and specialty level 3). For our athletes working skills to layouts, punch front step outs, and combo passes to layouts. Standing is handspring to tucks, and 2 handsprings to tucks.		4-5PM		5-6PM			
Level 5 Tumbling – this class is geared toward athletes that have mastered level 4 skills and are working on fulls and combos to fulls. Working standing series to layouts and standing whip passes to layouts.					4-5PM		
Level 6 Tumbling – this class is for athletes that have a running full , and are working doubles. BHS whip BHS series Full, BHS whip to full, PFSO to Full/double. RO Whip Full, RO BHS Whip Full, BHS full, Standing Fulls, BHS Whip Full, RO Arabian through to fulls, RO To Whip Double, FWO to double.			6-7PM				
Stunt Classes - This class is set up for athletes to improve their current stunt position or to practice a desired stunt position. This class will have the same athletes in the class for the duration of the session. Please note your athletes desired position to train in the notes when signing up. Athletes sign up based on their current team level. This class has a required cost at checkout. (dates where there is no class is due to Stunt Camp and Choreography) There are no make-ups if a class is missed and no substitutes.		4-5PM (Level 3-6) NO Class 6/23, 7/28 5-6PM (Level 1-3) NO Class 6/23, 7/28					
All Star Jumps Plus National or Regional Teams-(unless noted otherwise by the class time.) This class is for the athletes on National or Regional Teams, non team athletes may join if there is availability. Work drills to Improve stamina and endurance for teams' routine. Improve core strength and condition the entire body to propel jumps to new height including double jumps needed in routine. Cost of class is included in National Team Tuition.		6-7PM 7-8PM	6-7PM	5-6PM 8-9PM	4-5PM 6-7PM 7-8PM		
National or Regional Flex Class - Athletes will be stretched and work drills for advanced body positions such as arabesques, heel stretches, front stretches, kick scorpions, scales, bow and arrows.		5-6PM	4-5PM	8-9PM	8-9PM		

Club Cheer-Ages 3-5 seeking our newest cheerleaders! Sharpen your cheer, stunt, jump & tumbling skills. (1 weekly tumbling class is included) please enroll for the skill level appropriate tumbling class with the Club Cheer Order. Team performs for family and friends at end of session.							10-11AM
Club Cheer-Ages 5-12 seeking all experience levels! Sharpen your cheer, stunt, jump & tumbling skills. (1 weekly tumbling class is included) please enroll for the skill level appropriate tumbling class with the Club Cheer Order. Team performs for family and friends at end of the session.							11AM-12PM

NOTE: Skills can be considered mastered when performed on the spring floor (not on the trampoline) with great technique. Athletes must continue to be expected to work lower level skills during warm-ups and working connections.

1. All Tumbling Classes- (including junior stars) 12 week session \$180 (tumbling is included in Regional and National Team Tuition
2. The Back Handspring class is \$180 for the 12 week session. It can be taken as an additional class for our competitive team athletes at \$132
3. Sibling discounts offered on tumbling classes only (10%)
4. Magic Stars - \$147 for the 12 week session
5. Club Cheer- 12 week session is \$265– Includes 1 tumbling class (please enroll for the tumbling class with your Club Cheer order) Showcase for family and friends will be the last 2 Tuesdays and Saturdays of the session
6. Flex Class – 12 Week Session \$72
7. Jump Class – 12 Week Session \$72 (included in National teams tuition)
8. Monday's Stunt Class is \$200
9. Annual Registration/Insurance fee of \$49 is required each year on athlete anniversary

***Make Up Class Policy:** Make up classes must be done during the current session. There will be NO credits for missed classes. Please email info@xcelathletics.com to arrange make-up classes.

***Payment Policy:** Payment for the new session must be made prior to the session beginning. All balances from previous sessions must be paid in full.