

X-CEL ATHLETICS HOME OF STEP 1 ALLSTARS NORTH CLASS SCHEDULE FEBRUARY 25 – MAY 18, 2024

Class	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
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 and roundoffs. 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.					5-6PM		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.		6-7PM		6-7PM 5-6PM	6-7PM		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.		4-5PM	5-6PM 7-8PM	5-6PM	4-5PM		12-1PM
Level 1 Tumbling ages 11 and older- 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.				7-8PM	7-8PM		
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	8-9PM	4-5PM			10-11AM

<p>Level 2 Tumbling for ages 10 and under – this class is geared to those athletes that have their back walk over, a handstand limber up a strong cartwheel step in, as well as a strong handstand hold. It is the introduction to back handsprings, back handspring step out, running handsprings and front handsprings, round off rebound connections, as well as valdez connections. Class will include shaping drills to develop the proper technique to quickly master the handspring shape.</p>		7-8PM				
<p>Level 2 Tumbling Beginner for ages 11 and up - this class is geared towards our older athletes that have their back walk over, a handstand limber up a strong cartwheel step in, as well as a strong handstand hold. It is the introduction to back handsprings, back handspring step out, running handsprings and front handsprings, round off rebound connections, as well as valdez connections. Class will include shaping drills to develop the proper technique to quickly master the handspring shape</p>					8-9PM	
<p>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.</p>		5-6PM		7-8PM	4-5PM	10-11AM
<p>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.</p>			6-7PM	8-9PM		
<p>Level 3 and 4 Tumbling – this class is for those athletes that have completely mastered level 2 skills and combos, and have the foundational skills of Level 3(series handsprings are a minimum) handspring step outs to</p>		8-9PM				11AM-12PM

series handsprings, and are starting to incorporate running tucks, standing tucks, learning the basics of handsprings to tucks and working layout drills and PFSTO drills. BHS/BHS Step out Back Tuck							
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.				6-7PM			
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		
All Star Jumps Plus National Teams-This class is for the athletes on National Travel Teams. 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.	2-3PM-Mag Only* 6-7PM 7-8PM* 2/25-4/28 No 3/31	8-9PM 2/26-4/22	6-7PM 2/27-4/23	7-8PM 8-9PM 2/28-4/24			
All Star Jumps Plus Regional Teams – This class is for the athletes on Regional teams. Work drills to improve stamina and endurance. Work drills to improve technique for all 3 single jumps.	6-7PM 2/25-4/28 NO 3/31		6-7PM 2/27-4/23	8-9PM 2/28-4/24			

<p>National Flex Class (Advanced)– This Flex Class is geared for athletes on our National teams. Athletes will be stretched and work drills for advanced body positions such as arabesques, heels stretches, front stretches, kick scorpions, scales, bow and arrows.</p>		<p>5-6PM 2/26-4/22</p>		<p>4-5PM 2/28-4/24</p>			
<p>National or Regional Flex Class - Athletes will be stretched and work drills for advanced body positions such as arabesques, heels stretches, front stretches, kick scorpions, scales, bow and arrows.</p>	<p>5-6PM 2/25-4/28 NO 3/31</p>			<p>4-5PM 2/29-4/25</p>			
<p>Club Cheer ages 3-5- Our youngest athletes will start their cheer career here. Learn a cheer, and an allstar routine that includes jumping, tumbling, stunting and a dance. One weekly tumbling class is INCLUDED with the Club Cheer Program (please enroll in the skill level appropriate tumbling class). At the end of each 12 weeks they will do a skills performance for family and friends.</p>		<p>4-5PM</p>					
<p>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 session.</p>							<p>11am-12pm</p>
<p>Flyer Only Stunt Boot Camp – this is for athletes that want to learn to fly. Geared towards beginners, athletes that have some experience or none at all. Cost is \$25-2/26</p>		<p>5-6PM FEB 26th</p>					
<p>Stunt Boot Camp -this camp is for our Regional athletes only (any stunting position) looking to get more stunting experience. Cost is \$25 – 3/4</p>		<p>5-6PM MAR 4th</p>					

<p>Flyer Only Stunt Boot Camp – this is for any of our current level 1, 2 and 3 flyers that have flying experience and are looking to level up. Cost is \$25-3/11</p>		<p>5-6PM MAR 11th</p>					
<p>Base/Backer Stunt Boot Camp – this is for our current level 1, 2 and 3 national athletes that are looking to level up. Cost is \$25 - 3/18</p>		<p>5-6PM MAR 18th</p>					
<p>Base/Backer Stunt Boot Camp -this is for our regional athletes looking to get more experience and ready for May evaluations. Cost is \$25 - 3/25</p>		<p>5-6PM MAR 25th</p>					
<p>Flyer Only Stunt Boot Camp-this is for any of our current level 1, 2 and 3 flyers that have current flying experience and are looking to level up. Cost is \$25-4/1</p>		<p>5-6PM APR 1st</p>					
<p>Stunt Boot Camp – Half Year Team Athletes only (any stunting position) looking to get more stunting experience. Cost is \$25 4/8</p>		<p>5-6PM APR 8th</p>					
<p>Back Handsprings Only - This class is geared toward 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. The cost for the 8-week class is \$120 plus the annual registration fee of \$45 for new members.</p>			<p>4-5pm MAR 26 – MAY 14</p>				

School Cheer Boot Camp – This one day camp is for athletes that are getting ready to tryout for middle school or high school cheer. Work on motions, jumps, voice projection, and tumbling. The cost for the camp includes the registration/insurance fee. 3/16 \$30

12-2PM

MAR
16th

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.

The gym is closed Sunday, March 31st. The Sunday Jumps classes will be available on April 28th.

***This Jumps Class will be canceled when National teams are out of town for competitions – this * also includes 2/25-4/28 no 3/31**

1. All Tumbling Classes - (including junior stars) 12 week session \$174 (included in all competitive cheer teams and club cheer class)
2. Sibling discounts offered on tumbling classes only (10%)
3. Club Cheer - 12 week session is \$258 – Includes 1 tumbling class. (Please enroll for the skill level appropriate Tumbling class with your Club Cheer order.) Showcase for family and friends will be the last 2 Saturdays of the session
4. Club Cheer ages 3-5 – 12 week session \$258 – includes 1 tumbling class. (Please enroll for the skill level appropriate Tumbling class with your Club Cheer order.) Our youngest athletes will start their cheer career here. Learn a cheer, and an AllStar routine that includes jumping, tumbling, stunting and a dance. At the end of the 12 weeks they will do a skills performance for family and friends.
5. Flex Class – 9 week session \$45
6. Jump Class – 9 week session \$45 (included in National teams tuition)
7. Stunt Boot Camps - \$25 Each
8. Back Handsprings Only – 8 week session March 26 – May 14 \$120
9. School Cheer Boot Camp – two hour camp \$30
10. Annual Registration/Insurance fee of \$45 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.