

X-CEL ATHLETICS HOME OF STEP 1 ALLSTARS NORTH CLASS SCHEDULE FEBRUARY 22-May 16, 2026

Class	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Magic Stars: For athletes walking through 3 years old. An introduction to the basics of gymnastics and tumbling. Athletes build confidence as they develop strength, balance, and motor skills. Parents learn safe spotting techniques.							1-1:45P
Junior Stars : For athletes 3-5 years old. Athletes learn and strengthen proper handstands, Forward and Backward rolls, cartwheels, and backbends.			5-6PM		4-5PM		9-10AM
Beginning Tumbling : For athletes ages 5 and up. Athletes learn and strengthen proper handstands, Forward and Backward rolls, cartwheels, and standing backbends.				6-7PM	4-5PM		9-10AM
Level 1 Tumbling: Skills of Focus: Round off, Back Walkover, Front walkover, Back extension roll, Valdez and connection of multiple skills. For athletes who have mastered the beginning tumbling skills.	1-2PM	4-5PM		4-5PM	5-6PM 6-7PM		12-1PM
Level 1/2 Tumbling ages 11 and Up: For athletes ages 11 and up. Skills of Focus: Back Walkover, Front Walkover, Round off, Standing Back- handspring, Roundoff Back- handspring, and Front Handspring.				8-9PM			
Level 2 Beginner Tumbling : Skills of Focus: Standing back-handspring (BHS), Round off BHS, and Front Handspring. For athletes that have mastered a back walk over, handstand limber up, and round off.			6-7PM	4-5PM 7-8PM	4-5PM		10-11A
Level 2 Tumbling 10 and under: For athletes ages 10 and under. Skills of Focus: Standing back-handspring (BHS), Round off BHS, and Front Handspring. For athletes that have mastered a back walk over, handstand limber up, and round off.		5-6PM					

Class	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Back Handspring Class - Geared towards school cheerleaders, dancers and recreational tumblers who want to solely focus on the back-handspring. Athletes must have a strong back bend 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 Skills of Focus: Backwalkover BHS, BHS step outs, Round off series BHS, Combination pass to Round off BHS, Flyspring. For athletes who have mastered standing BHS and round off BHS.			6-7PM	4-5PM 7-8PM	4-5PM		10-11A
Level 3 Beginner Tumbling – Skills of Focus: Shaping of the tuck (both front and back), Round off BHS Tuck , Punch Front, Standing BHS series, Standing BHS stepout to series. For athletes who have mastered ROBHS series and standing BWO BHS.		7-8PM	6-7PM	7-8PM	6-7PM		
Level 3 Advanced Tumbling- Skills of Focus: Round off BHS Tuck, Combination to Tuck, Front-Handspring Punch front. For athletes who have mastered standing series BHS (floor) and have ROBHS tuck unassisted on a training surface.		7-8PM			6-7PM		11-12P
Level 4 Tumbling- Skills of Focus: ROBHS Layout, Whip Passes, Punch Front Step outs, Standing BHS(s) to tuck, standing tuck. For athletes who have mastered ROBHS tuck, standing BHS series, and a combination pass to tuck.				6-7PM			
Future 5 Tumbling: For athletes with Level 5 and 6 goals! Athletes will strengthen their layout shape/height while working towards the perfect full. Athletes will also work to learn and master a variety of combination passes and standing tumbling passes needed to be successful in levels 4,5, and 6. Athletes must have standing BHS(s) to tuck to attend.		6-7PM					
Level 5 Tumbling: Skills of focus: ROBHS Full, Combination Pass to Full, Standing BHS(s) to Layout, Standing whip pass to layout. Athletes should have a ROBHS Layout and standing BHS(s) to tuck.			4-5PM				

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 (one weekly tumbling class is included in Club Cheer, Half Year, Regional and National Team Tuition) (Half Year, Regional and National tumbling tuition ends Saturday, May 2, 2026 - there is an option to extend tumbling until May 16th for \$30. You must email info@x-celathletics.com, by April, 28, 2026, if you would like to extend the class. The following classes will not be offered in May: Tuesday's Level 5 at 4PM and Thursday's Level 6 at 6PM
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 at the end of the session
6. Flex Class – 10 Week Session \$60
7. Jump Class – 10 Week Session \$60 (one weekly class included in National teams tuition)
8. Monday's Stunt Class is only 8 classes is \$160 (Team Kids Only) -No class on 3/30/26
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.

*We are closed Sunday, April 5, 2026. Please email info@x-celathletics.com for a make-up class option.