

**X-CEL ATHLETICS HOME OF STEP 1 ALLSTARS NORTH CLASS SCHEDULE MAY 31- AUGUST 22 , 2026**

<b>Class</b>	<b>Sun</b> 5/31-8/16	<b>Mon</b> 6/1-8/17	<b>Tue</b> 6/2-8/18	<b>Wed</b> 6/3-8/19	<b>Thur</b> 6/4-8/20	<b>Fri</b>	<b>Sat</b> 6/6-8/22
<b>Magic Stars:</b> 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.							<b>1-1:45P</b>
<b>Junior Stars :</b> For athletes 3-5 years old. Athletes learn and strengthen proper handstands, Forward and Backward rolls, cartwheels, and backbends.		<b>4-5PM</b>	<b>5-6PM</b>				<b>9-10AM</b>
<b>Beginning Tumbling :</b> For athletes ages 5 and up. Athletes learn and strengthen proper handstands, Forward and Backward rolls, cartwheels, and standing backbends.		<b>4-5PM</b>		<b>6-7PM</b>	<b>5-6PM</b>		<b>9-10AM</b>
<b>Level 1 Tumbling:</b> 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.		<b>4-5PM</b>		<b>4-5PM</b> <b>7-8PM</b>			<b>12-1PM</b>
<b>Level 1/2 Tumbling ages 11 and Up:</b> For athletes ages 11 and up. Skills of Focus: Back Walkover, Front Walkover, Round off, Standing Back- handspring, Roundoff Back- handspring, and Front Handspring.			<b>4-5PM</b>				
<b>Level 2 Beginner Tumbling :</b> 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.		<b>5-6PM</b> <b>8-9PM</b>		<b>4-5PM</b>	<b>4-5PM</b>		<b>10-11A</b>
<b>Back Handspring Class -</b> 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				<b>7-8PM</b>			

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<b>Level 2 Tumbling Advanced</b> 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.		<b>5-6PM 8-9PM</b>		<b>4-5PM</b>	<b>4-5PM</b>		<b>10-11A</b>
<b>Level 3 Beginner Tumbling –</b> 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.			<b>6-7PM</b>	<b>4-5PM 8-9PM</b>			
<b>Level 3 Advanced Tumbling-</b> 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.		<b>8-9PM</b>	<b>6-7PM</b>	<b>4-5PM 8-9PM</b>			<b>11A-12P</b>
<b>Level 4 Tumbling-</b> 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.					<b>4-5PM</b>		
<b>Level 5 Tumbling:</b> 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.			<b>4-5PM</b>				
<b>Level 6 Tumbling:</b> Skills of Focus: ROBHS Double, Combination pass to Full/double, standing BHS(s) to full/double, standing full. Athletes should have a ROBHS Full and standing BHS(s) to layout.			<b>7-8PM</b>				
<b>Stunt Class -</b> Athletes work to improve their stunting in the position of their choice. We recommend athletes train in their current stunt position. Please note your athletes desired position to train in the notes when registering.				<b>7-8PM</b>			

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<b>All Star Jumps Plus:</b> Athletes will work drills to improve core strength and condition the entire body to propel jumps to new heights. Priority for Jumps classes will be given to National team athletes as this is a required class for them. Other athletes may enroll pending availability.		5-6PM 6-7PM 7-8PM	7-8PM	5-6PM 8-9PM	4-5PM 6-7PM 7-8PM		
<b>Flex:</b> Athletes will work a variety of stretches and drills for proper advanced body positions such as arabesque,, heel stretch, kick scorpion, scale, and bow and arrow.		8-9PM	4-5PM 8-9PM		8-9PM		
<b>Club Cheer-Ages 3-5</b> Come cheer with us! Athletes sharpen their motions, stunt, jump & tumbling skills while learning a brand new routine! Club cheer tuition includes a weekly tumbling class. Please enroll for the skill level appropriate tumbling class along with enrolling for Club cheer. Team performs for family and friends at the end of session.							10-11A
<b>Club Cheer-Ages 6-12</b> Come cheer with us! Athletes sharpen their motions, stunt, jump & tumbling skills while learning a brand new routine! Club cheer tuition includes a weekly tumbling class. Please enroll for the skill level appropriate tumbling class along with enrolling for Club cheer. Team performs for family and friends at the end of session.							11A-12P

**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)
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 – 12 Week Session \$72
7. Jump Class – 12 Week Session \$72 (one weekly class included in National teams tuition)
8. Stunt Class - 12 Week Session \$240
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](mailto: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 Saturday, July 4, 2026.** Please email [info@x-celathletics.com](mailto:info@x-celathletics.com) for a make-up class option.