

X-CEL ATHLETICS HOME OF STEP 1 ALLSTARS NORTH TUMBLING SCHEDULE JANUARY THRU APRIL 2020

Class	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Beginner Tumbling Class - This class is for those just starting out. Starting off with the perfect handstand. Learn forward and backward rolls, as well as cartwheels and roundoffs. Athletes learn standing bridges and body control (classes are age specific - check in office)		6pm-7pm	5pm-6pm			9am-10am	
Level 1 Tumbling -this class is for athletes that have mastered a good handstand, forward roll and cartwheel. Teaches back extension rolls, handstand straddle downs, roundoff rebounds, front walk overs, back walk overs,	5pm-6pm	5pm-6pm 6pm-7pm	5pm-6pm 7pm-8pm			9am-10am	
Level 2 Tumbling -this class is geared toward our cheerleaders that have mastered level 1(must have front and back walk overs) For our athletes working front handsprings, back handsprings. Round-off double handsprings and handspring step outs, as well as specialty combo passes for level 2	5pm-6pm 6pm-7pm	5pm-6pm 7pm-8pm	6pm-7pm 7pm-8pm	5:30-6:30		11am-12pm	
Level 3 Tumbling -this class is geared toward our cheerleaders that have mastered level 2(must have specialty level 2 passes and double back handsprings) For our athletes working punch fronts, series handsprings, round-off handspring tucks, as well as specialty combo passes for level 3	6pm-7pm	7pm-8pm 8pm-9pm	6pm-7pm	8pm-9pm		11am-12pm	
Level 4 Tumbling-this class is geared toward our cheerleaders that have mastered level 3 (must have round off BHS, back tuck). For our athletes working punch front step outs, layouts, layout step outs, standing tucks, cartwheel tucks, handspring, handspring tucks/layouts, as well as specialty combo passes for level 4.		8pm-9pm		5pm-6pm 6:30pm- 7:30pm 8pm-9pm		10am-11am 11am-12pm	
Level 5 Tumbling-this class is geared toward our cheerleaders that have mastered level 4, For our athletes working fulls,, jumps to tucks, handspring handspring layout , specialty passes through to fulls		8pm-9pm		5pm-6pm		10am-11am	
Level 6 Tumbling - this class is for athletes that have a running full , and are working doubles, Arabians and standing specialties such as standing fulls, handspring fulls and doubles						10am-11am	
Flex Class-This class is designed for athletes to increase their flexibility. Works on flyer body positions, body control and performance ability while flying. (once weekly is mandatory for flyers)	8pm-9pm	5pm-6pm	6pm-7pm			10am-11am	
Flight School - Whether you're currently a flyer looking to improve/learn new skills or working to become a flyer this class is for you! Beginner through advanced skills. Cost is \$50 a month must pre-register				8pm-9pm		11pm-12pm 1/4, 1/11, 2/8, 2/15	
All Star Fitness-This class is mandatory for all travel team athletes. 20 minute conditioning and strength, 20 minute jumps, 20 minute abs. Others can participate for \$5 a class	7pm-8pm	8pm-9pm	8pm-9pm	5pm-6pm		9am-10am 12pm-1pm	
2. OPEN GYM - Summer Special \$5 for members \$10 for non-members							7:00- 8:00pm
Dynamos -Get your Toddler moving! This class is for children that are ages 18 months (must be walking) up to age of 3. It is the very basics of tumbling, gymnastics, interactive games and creativity in movement. 12 week Class is \$72. Annual registration is \$25. Starts Monday, JANUARY 6- No MLK day.	10- 10:50am						
Ninjas-ages 3-5 tumbling and gymnastics, which builds on the basics of tumbling, gymnastics and creativity in movement. Children must be able to work independently with an instructor. 12 week class is \$84. Annual registration is \$25. Starts JANUARY 6 - No MLK day.	11am- 12pm						
Club Cheer Team - Groups for all ages and experience levels. This class is great for athletes getting ready for school cheer tryouts or allstar tryouts. Sharpen your cheer, dance, jump and tumbling skills. Athletes practice once a week and tumble once a week. Athletes perform with their team twice, 3/22 and 4/20. Cost is \$85 a month for 4 months-Includes the weekly practice and tumbling class)		5pm-6pm					

1. Monthly tumbling \$55 for 4 classes, 2. Tumbling Pass \$160 for 14 classes (doesn't expire), 3. All Star Fitness is \$5 each class (included in National Team Tuition), 4. Flex Class is \$7.50 per class or monthly unlimited \$25 4. Annual Registration/Insurance fee of \$40 is required each year on athlete anniversary 5. Unlimited Monthly Tumbling \$110 per month.