



CLASS INFORMATION

We are happy to offer a variety of different classes at Totally Awesome Cheer All-stars. Classes are run by our experienced and qualified coaches and are open to the public as well as our member athletes. We offer different levels to cater to all athletes from absolute beginners to elite athletes. Classes are an excellent opportunity for affordable, additional training for Rec, School or All-Star cheerleaders as well as those from other sports/activities who wish to improve their skills in a safe and supervised environment.

1-Hour Tumbling Classes

Class	Prerequisites	Description
Tot-n-Tumble	Ages 2-5yrs Class Skill Requirements: None	Designed for our beginner athletes as an intro to cheerleading. Athletes will work on tumbling, motions, jumps and stunts.
Tiny Cheer Prep	Ages 3-5yrs Class Skill Requirements: None	Introduction to tumbling for our younger athletes. Athletes will use drills and stations to learn tumbling basics in addition to working to improve basic motor functions.
Advanced Tiny Tumble	Ages 3-5yrs Class Skill Requirements: Athletes must have a bridge and be prepared to begin working back walkovers and front walkovers.	Athletes will use drills and stations to focus on learning a front walkover and back walkover, as well as perfect a round-off. Athletes will begin to work drills for a back handspring.
School Cheer Prep	6 th Grade-11 th Grade Class Skill Requirements: None	Designed for our beginner athletes as an intro to cheerleading. Athletes will work on tumbling, motions, jumps, and Voice projection in preparation for school Cheer.
Intro	Must be 6yrs+ Class Skill Requirements: None	Designed for our beginner athletes! Athletes will use drills and stations to learn the fundamental movements required for tumbling.
Tumble 100	Must be 6yrs+ Class Skill Requirements: Knowledge and experience working a back walkover and front walkover. Athlete can perform a handstand, cartwheel, and bridge.	Athletes will use drills and stations to focus on learning a front walkover and back walkover, as well as perfect a round-off. Athletes will begin to work drills for a back handspring.
Tumble 200	Must be 6yrs+ Class Skill Requirements: Athletes must be able to perform a back handspring without a spot on the tumble trak, rod floors, cheese mat, floor, etc.	Athletes will focus on perfecting a round-off back handspring. In addition, athletes will work to incorporate back walkovers, front walkovers, cartwheels, etc... in combination with back handsprings in both standing and running tumbling.
Tumble 300	Must be 6yrs+ Class Skill Requirements: Athletes must perform a strong round-off 3 back handsprings that build speed and end with a powerful rebound. Athletes must also perform a strong standing back handspring on the floor.	Athletes will begin to learn a round-off back handspring back tuck. In addition, athletes will work to incorporate front walkovers, series of back handsprings, and punch fronts into running tumbling passes. Standing tumbling will work to perfect and increase power in series of back handsprings, as well as jumps to back handsprings.

Tumble 400	<p>Must be 6yrs+</p> <p>Class Skill Requirements: Athletes must perform a strong round-off back handspring back tuck. Athletes must also perform a strong standing 3 back handsprings on the floor.</p>	<p>Athletes will begin to learn a round-off back handspring layout. In addition, athletes will work to incorporate front walkovers, series of back handsprings, punch fronts, and whips into running tumbling passes. Standing tumbling will work to perfect standing back handsprings and jump back handsprings into layouts and tucks. Athletes will not spend time working standing tucks!</p>
Tumble 500	<p>Must be 6yrs+</p> <p>Class Skill Requirements: Athletes must perform a strong round-off back handspring layout. Athletes must also perform a strong standing 2 back handsprings to layout.</p>	<p>Athletes will begin to learn a round-off back handspring full. In addition, athletes will work to incorporate front walkovers, series of back handsprings, punch fronts, and whips into running tumbling passes. Standing tumbling will work to perfect standing back handsprings and jump back handsprings into layouts, fulls, and doubles. Athletes will work to multiple jumps to standing back tuck.</p>

45-Minute Stretch Classes

Stretch class will incorporate the following forms of stretching to improve the flexibility of flyers:

Dynamic Stretching	A type of sports fitness routine in which momentum and active muscular effort are used to strengthen and the end position is not held.
Static Stretching	Stretching a muscle (or group of muscles) to its farthest point and then maintaining or holding that position.
Passive Partner Stretching	An instructor or a partner in the class will stretch one relaxed partner to their farthest point.

Flyer Flex

Duration	Prerequisites	Description
30 Minutes	None	Athletes will work on and perfect the ability to pull and hold body positions on the floor and on a stunt stand.

Conditioning

Class	Duration	Prerequisites	Description
Conditioning	30 minutes	None	Conditioning designed to get you ready for getting to the next level in your jumps, tumbling, stunts, or help getting through a routine.

Zumba

Conditioning	60 Min minutes	None	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.
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