

THE OC ALL STARS

CLASS SCHEDULE



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| <u>Monday</u> | <u>Class</u> | <u>Instructor</u> | <u>Wednesday</u> | <u>Class</u> | <u>Instructor</u> |
|----------------|----------------------------|-------------------|------------------|----------------------------|-------------------|
| 9:30am | Tumble Tots (Ages 4-5) | Heather | 4:00pm | Ninja Warrior (Age 5-8) | Staff |
| 10:15am | Tumble Tots (Ages 3-4) | Heather | | Tumble 1 | Kennedy |
| 11:00am | Tumble Tots (Ages 4-6) | Heather | | Tumble 4/5 | Kylie |
| 4:00pm | Tumble Jr (Ages 5-6) | Millie | 4:30pm | Jump Class (30Min) | Demond |
| | Tumble 1 | Kennedy | 5:00pm | Flyer Stretch | Des |
| | Handspring | Mackenzie | | JR Ninja Warrior (Age 3-4) | Kylie |
| | Tumble 2 | Mason | | School Prep | Kennedy |
| | Tumble 4/5 | John | | Tumble 1 | Sabrina |
| 5:00pm | Tumble Jr (Ages 5-6) | Millie | | Handspring | Demond |
| | Tumble 1 | Gina | | Intro to Tuck | Aaron |
| | Handspring | Mason | | Tumble 4/5 | John |
| | Tumble 3 | Kennedy | 6:00pm | Tumble 1 | Kennedy |
| 6:00pm | Flyer Stretch | Demond | | Tumble 3 | Aaron |
| | Tumble 1 (12 and up) | Mason | | Handspring | Demond |
| | Tumble 3/4 | Kylie | <u>Thursday</u> | <u>Class</u> | <u>Instructor</u> |
| 7:00pm | Handspring | Kylie | 4:00pm | Jump Class (30Min) | Demond |
| <u>Tuesday</u> | <u>Class</u> | <u>Instructor</u> | | Flyer Stretch | Des |
| 9:30am | Tumble Tots (Ages 3-4) | Heather | | Ninja Warrior (Age 8 & Up) | Cyrus |
| 10:15am | Tumble Tots (Ages 4-6) | Heather | | Tumble Jr (Ages 4-6) | Ashlyn |
| 4:00pm | Ninja Warrior (Age 8 & Up) | Kylie | | Tumble 3 | Aaron |
| | Tumble 1 | Bizzy | 4:15pm | Tumble Tots (Ages 4-5) | Isa |
| | Tumble 3 | Mason | 5:00pm | Tumble Tots (Ages 3-4) | Isa |
| | Tumble 4/5 | Demond | | Tumble Jr (Ages 5-6) | Ashlyn |
| 5:00pm | Ninja Warrior (Age 5-8) | Kylie | | Ninja Warrior (Age 5-8) | Cyrus |
| | Tumble Jr (Ages 5-6) | Bizzy | | Tumble 2/3 | Kylie |
| | School Prep | Addison | 5:30pm | Tumble 1 | Demond |
| | Handspring | Mason | 6:00pm | Tumble 1 | Ashlyn |
| | Tumble 4/5 | Aaron | | Tumble 3 | Kylie |
| | Standing Tuck (30Min) | Demond | <u>Friday</u> | <u>Class</u> | <u>Instructor</u> |
| 5:30pm | Intro to Tuck | Cambria | 4:00pm | Handspring | Mason |
| 6:00pm | Tumble 1 | Bizzy | | Tumble 2 | Demond |
| | Handspring | Kylie | 5:00pm | Tumble 1 | Mason |
| | Tumble 4/5 | Mason | | Intro to Tuck | Demond |
| | | | <u>Saturday</u> | <u>Class</u> | <u>Instructor</u> |
| | | | 9:15am | Tumble 1 | Halz |
| | | | | Handspring | Vicky |
| | | | 10:15am | Tumble 3/4 | Halz |
| | | | <u>Open Gyms</u> | <u>Price</u> | |
| | | | 6-7:30pm | Friday | \$12 |
| | | | 11:15-12:15am | Saturday | \$8 |

Academy Class Information:

- *All classes will carry a maximum enrollment of 8 students (One make up is allowed in each class).
- *We guarantee at least an 8:1 student to staff ratio which allows one student in a filled class to do a make-up.
- *Make-ups are done in the Parent Portal. After your missed class you will receive a make-up token
- * Make-up tokens expire 30 days from the missed class.



THE OC ALL STARS



Strength & Flexibility

Our flexibility and conditioning classes are a great opportunity for everyone to improve their overall strength training while increasing their flexibility. Whether you're a flyer, a base, a tumbler, or anything else.

Flyer Stretch

This class will focus on flexibility. Athletes will do various stretches and work with a coach to improve their flexibility and body positions for flying..

Tumble Tots (Ages 3-4)

Tumble Tots will branch out on their own in a safe and structured class focusing on building strength and flexibility as well as developing gross motor skills and social skills. Students will learn a basic introduction to tumbling, balance beam, bars, rings, tumbling track and more.

Tumble JR (Ages 5-6)

Keeping with our fun class environment your athlete will be introduced to tumbling working on skills such as forward/backward rolls, cartwheels, handstands and bridges. This class will help teach your athlete the proper progression to get ready for an academy tumbling level 1 class.

Tumble 1

This class will teach the basic body positions through various exercises. Students will practice to perfect the handstand, round off, and backbend kick over. Strength conditioning will be included to prepare the athlete towards learning a back handspring. No previous experience is needed to join this class.

Handspring Class

This class will teach the techniques of the standing and round-off back handsprings only. This class will help to bridge the gap between levels one and two. It is highly suggested that athletes coming from level 1 tumbling attend this class before entering level two.

Required skills are: Strong rebound from a round off, Handstand to bridge with a stand-up, Back bend kick over

Tumble 2

In this class students will focus on perfecting a standing back handspring as well as a round off- back handspring. While continuing to perfect body positions taught in tumble 1, students will learn the basics in combining skills such as standing and running double back handsprings.

Required skills are: Standing back handspring, Round off back handspring

Intro to Tuck

This class is designed to take level 2 students that are ready to learn the basics of a back tuck. It will help bridge the gap and get them ready for a level 3 class.

Required skills are: Standing double back handsprings, Round off back handspring series

Tumble 3

This class will perfect skills such as front and back tucks. While continuing to perfect front and back handspring series, students will practice techniques that focus on core building. Students will train to perform tucks traveling into and out of round offs and back handsprings.

Required skills are: Round off tuck/Round off BHS tuck with a light spot or on the trampoline.

Academy Class Pricing:

Annual Membership Fee: \$40.00 per student Includes one time free t-shirt!

Academy Tumbling Class Fees

55 Min CLASS

1st Class/Child 4 week month \$112

1st Class/Child 5 week month \$140

2nd Class/Child 4 week month \$100

2nd Class/Child 5 week month \$128

3rd Class/Child 4 week month \$92

3rd Class/Child 5 week month \$120

Ninja Warrior Class Fees

55 Min CLASS

1st Class/Child 4 week month \$120

1st Class/Child 5 week month \$150

2nd Class/Child 4 week month \$108

2nd Class/Child 5 week month \$138

3rd Class/Child 4 week month \$100

3rd Class/Child 5 week month \$130

Tumble Jr & Tots Class Fees (Ages 3-6)

55 Min CLASS

1st Class/Child 4 week month \$84

1st Class/Child 5 week month \$105

*All classes are non refundable

Private Lessons - Set up individually with your preferred instructor or Contact Kylie@ocallstars.com for details.

Tumble 4

This class is designed to master body control in flight skills as well as combination passes. Students will learn body positions to prepare them for twisting skills such as the layout. Standing tucks previously introduced will be refined here.

Required skills are: Round off back handspring tuck, Standing tuck with light spot

Tumble 5/6

This is our most advanced class offered. Students will work to master elite skills such as multiple twists and trick combination passes. Emphasis will focus on standing skill combinations and perfecting their running tumbling passes.

Required skills are: Standing tuck, Back handspring back tuck, Round off back handspring layout

Ninja Warrior

Our Ninja Warrior Program is an exciting program consisting of ninja warrior and parkour elements combined with obstacle training and overall movement and balance training. This helps to develop a stronger skill set for all movements while improving the overall fitness of your young ninja warrior. While using multiple different stations and equipment we keep the classes engaged in learning new skills while enjoying the hard work they have put in.

