

# THE OC ALL STARS HUNTINGTON BEACH

<u>Monday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1	DJ
5:00pm	Tumble 2	DJ
6:00pm	Tumble 3	DJ
7:00pm	Open Gym	Kaylan

<u>Thursday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1	Kaylan
5:00pm	Tumble 2	Kaylan
6:00pm	Tumble 3	Kaylan
7:00pm	Tumble 4 Flyers (flight school)	Kaylan Ricky

<u>Tuesday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1	Kylee
5:00pm	Tumble 2	Kylee
6:00pm	FVHS	Kylee/ Christian
7:00pm	FVHS	Kylee/ Christian

<u>Friday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1	DJ
5:00pm	Tumble 2	DJ
6:00pm	Open gym	DJ

<u>Wednesday</u>	<u>Tumbling / Cheer</u>	<u>Instructor</u>
4:00pm	Tumble 1	Keanna
5:00pm	Tumble 2	Keanna
6:00pm	Tumble 3	Keanna
7:00pm	Tumble 4	Keanna



**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, back walkover, front walkover.. Strength conditioning will be included to prepare the athlete towards learning a back handspring. No previous experience is needed to join this class.

**Tumble 2**

This class will teach the techniques of the standing and round-off back handsprings only.

Required skills are:

Strong rebound from a round off

Back walkover

Front Walkover

**Tumble 3**

This class is designed to teach athletes a back and front tuck.

Required skills are:

Standing triple back handsprings

Round off back handspring series

**Tumble 4.5**

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:

Must have approval from a coach to enroll in this class

Round off back handspring tuck

Standing tuck

**High School Prep**

This class helps athletes start their preparation for high school cheer. Athletes will learn motion, jumps, cheers and stunts.

**Flight School**

This class athletes will be put in the are to gain air awareness as well as experience. Athletes will progress based on experience.

**Academy Class Information:**

\*A class must have at least 3 members to begin or continue.

\*All classes last for 55 minutes.

\*All classes will carry a maximum enrollment of 8 students.

\*We guarantee at least an 8:1 student to staff ratio

\*Make-ups are scheduled with the front desk, provided that:

1. You are currently enrolled in a class in which your financial status is up to date.

**Academy Class Monthly Fees –**

\$35 / Single class

\$135/Month

**Private Lessons –** Set up individually with your preferred instructor

TIME	SINGLE	SHARED(2)	SHARED(3)
1/2 hour	\$40	\$60	\$80
1 hour	\$70	\$90	\$100

\*fee for shared lesson is total fee, not per person

**Open Gym Fee –**

Open Gym- \$10.00

