

# 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	Sabrina
11:00am	Tumble Tots (Ages 4-6)	Heather		Handspring	Kylie
4:00pm	Tumble Jr (Ages 5-6)	Millie	5:00pm	Ninja Warrior (Age 3-4)	Kylie
	Tumble 1	Staff		Tumble 1	Sienna
	Handspring	Halz		Handspring	Haley
	Tumble 2	Haley		Intro to Tuck	Sabrina
	Tumble 4/5	John		Tumble 4/5	John
5:00pm	Tumble Jr (Ages 5-6)	Millie	6:00pm	Tumble 1	Sienna
	Tumble 1	Ashley		Tumble 3	Sabrina
	Handspring	Halz		Handspring	Kylie
6:00pm	Tumble 1 (12 and up)	Ashley	<u>Thursday</u>	<u>Class</u>	<u>Instructor</u>
	Tumble 3/4	Kylie	4:00pm	Ninja Warrior (Age 8 & Up)	Braden
7:00pm	Handspring	Demond		Tumble Jr (Ages 5-6)	Donnie
<u>Tuesday</u>	<u>Class</u>	<u>Instructor</u>		Handspring	Cody
9:30am	Tumble Tots (Ages 3-4)	Heather		Tumble 3	Aaron
10:15am	Tumble Tots (Ages 4-6)	Heather	4:15pm	Tumble Tots (Ages 4-5)	Isa
4:00pm	Ninja Warrior (Age 8 & Up)	Kylie	5:00pm	Tumble Tots (Ages 3-4)	Isa
	Tumble 1	Bizzy		Ninja Warrior (Age 5-8)	Braden
	Handspring	Cody		Tumble 2/3	Cody
	Tumble 4/5	Demond	5:30pm	Tumble 1	Norel
5:00pm	Ninja Warrior (Age 5-8)	Staff	6:00pm	Tumble 1	Donnie
	Tumble Jr (Ages 5-6)	Bizzy		Tumble 3	Cody
	Handspring	Cody	<u>Friday</u>	<u>Class</u>	<u>Instructor</u>
	Tumble 4/5	Kylie	4:00pm	Handspring	Cody
	Standing Tuck ( 30Min )	Braden		Tumble 2	Demond
	Flight School	Staff	5:00pm	Tumble 1	Cody
5:30pm	Intro to Tuck	Braden		Intro to Tuck	Demond
6:00pm	Tumble 1	Bizzy	<u>Saturday</u>	<u>Class</u>	<u>Instructor</u>
	Handspring	Kylie	9:15am	Tumble 1	Halz
	Tumble 4/5	Cody		Handspring	Cody
	Flight School	Staff	10:15am	Tumble 3/4	Halz

### 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.

### Open Gyms

		<u>Price</u>
6-7:30pm	Friday	\$12
11:15-12:15am	Saturday	\$8



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## **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 & Ninja 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@ocalstars.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.

