

PRIDE CHEER GYM

TUMBLING & HIP-HOP

CLASS SCHEDULE

September 2022 - May 2023

724-873-1232 pridecheergym.com

| | Little Explorers 45 min | Kinder Intro | Intro | Basic I | Basic II | Inter- mediate | Advanced | Elite I | Elite II | Open Gym | Hip-Hop |
|------------------|--|--------------|---------|---------|----------|-------------------|----------|---------|----------|----------|----------------------|
| Monday | 5:00pm | 4:00pm | | 4:00pm | | | | | | | Hip Hop I 6:30pm |
| Tuesday | 1:15pm 2:00pm | | 5:00pm | 5:00pm | | 4:00pm | 6:00pm | 7:00pm | 7:00pm | | Hip Hop II 4:00pm |
| Wednesday | 4:00pm | | | 5:00pm | 7:00pm | 6:00pm | | | 4:00pm | | |
| Thursday | 10:00am | 5:00pm | | | | | 4:00pm | 6:00pm | 4:00pm | | |
| Friday | Watch for Specialty Clinics, Camps, and Open Gyms! | | | | | | | | | | |
| Saturday | 11:00am | 10:00am | 10:00am | | 12:00pm | 12:00pm | | | | 11:00am | |

Class Descriptions

The primary skills are described below for simplicity, but many additional skills are trained at each class.

- AGES 6 and up are welcome at all levels unless noted below.
- Classes can be split further by age or difficulty within each time slot when it is beneficial.

OPEN GYM: *Ages 6 and up only please.*

- Use as a make-up so you never have to lose a class that you miss (ages 2-5yr may take a corresponding class of the same level to do a make-up).
- Attend as an extra class for \$10. You do NOT currently need to pre-register. Sign-in upon arrival. New students must fill out a waiver online or at the gym. Fully supervised; multi levels; class size varies.

LITTLE EXPLORERS: A fun class for preschool tumblers **ages 4-5; (45min)**

This class works to enhance body awareness and learn fundamental tumbling skills with proper body positions. Trampoline, bar, balance beam and mat stations. Themed classes for fun and interactive learning. Start good habits at a young age!

KINDER-INTRO: This class is great for new tumblers from **ages 5-7** but allows our Little Explorers who have experience to progress to an hour-long class. Learning proper shapes and technique for bridges and backbends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling!

INTRO: This class is great for NEW tumblers from **ages 7 and up** (*younger students should seek out our **Kinder-Intro class***). Learning proper shapes and technique for bridges and backbends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling!

BASIC I: NEW!! Must have perfected the cartwheel and forward roll with proper technique. Continuing work on backbends, roundoffs; handstands; backward rolls; back kickovers and front limbers

BASIC II: Must have standing backbend. Progressing to fluid front and back walkovers; roundoffs; handstands; back extension rolls; introduction to drills for back handsprings.

INTERMEDIATE: Must have back walkover. Learning front and back handsprings; creating powerful roundoffs; and continuing to roundoff back handsprings.

INTERMEDIATE (11+): This is the same as our traditional Intermediate class, but geared towards middle school and high school athletes. Ages will be separated.

ADVANCED: Must have roundoff back handspring. Learning connected tumbling skills; standing multiple back handsprings, roundoff multiple back handsprings, front and back tucks, and roundoff bhs tucks.

ELITE I: Must have a roundoff back handspring tuck and a front tuck. Learning standing back handspring back tuck, standing back tuck, round off back handspring layouts and specialties such as front tuck step outs!

ELITE II: Must have a roundoff back handspring layout. Learning twisting skills, such as fulls and doubles as well as specialty skills, such as whips/arabians

HIPHOP I: Dance combos and hip hop tricks for beginners who are learning or still working on their kip-ups, handsprings, and headstands.

HIPHOP II: For more intermediate dancers, learning combos and who have mastered the basics of level 1. They will be working on back-handspring kip-ups, back-headsprings, headspins, g-kips.