

Class Descriptions	Class Focus & Prerequisite Skills (BHS = Back hand spring)
Primary Classes	NA: Boys/Girls Ages 2-5
Gymnastics Skills 1 <small>Vault, Bars, Beam, floor</small>	NA: All skill/age levels welcome 6 & up
Gymnastics Skills 2 <small>Vault, Bars, Beam, floor</small>	Must have Pullover (Bars) Handstand (Beam), Bridge kicker (Floor), Vault Basics
Youth Cheer Skills/Tumble	NA: All skill levels welcome, ages 6-11. This class focus is tumbling, jumps, motions, cheer skills, dance, basic stunting
MS/HS Cheer Skills/Tumble	NA: All skill/age levels welcome - 12 & up. This class focus is tumbling, jumps, motions, cheer skills and tryout skills for MS/HS tryouts
Dance Acro & Tumbling	For Dancers interested in working on Acro skills for their dance programs. Class focus is walkovers, aerials, handstand spring step tech, Valdez skills
Boys Tumble & Tramp Skills	NA: Boys Ages 6 & Up - Come burn some energy & Learn some skills
Tumbling Basics	NA: All skill/age levels welcome 6 & up. This class focuses on Cartwheel, Round offs, Back Bends, Bridge kickovers, hurdle tech, speed, strength and flexibility for tumbling skills
Walkover Skills	Must have clean cartwheel, Round off and bridge kick over, front limber on floor. This class focus is back and front walkover (confidence and strength going upside forward and backward)
Learn to do BHS /Perfect my BHS (RO BHS)	Must have a back walkover on floor by self. Understanding of front walkover. Quality round-off rebound. This class focus is learning and perfecting confidence of BHS skills, running and standing as well as combos.
Speed & Quality BHS	Must have safe and semi clean BHS and round off BHS on hard surface by self. This class focuses on building speed and quality of all things with BHS skills
Learn to do Tuck	Must have clean RO BHS series, confident variety BHS skills, clean standing BHS. All on hard surface. This class focus is learning tucks and adding quality BHS skills with progression
Speed & Quality Tuck	Must have basic tuck (running) on hard surface by self, or light spot w/ coach recommendation. This class focuses on building speed and quality of all things with tuck skills (focus on standing tucks as well)
Elite Tumbling	Must have quality running TUCK on hard surface by self, variety skills to tuck confidently, standing tuck by self. This class focus on learning layouts, fulls, whips, front passes, elite tuck passes