



# Fall 2020 Schedule



	Monday		Tuesday		Wednesday		Thursday		Friday
<b>3:30pm</b>	Basic BHS	AW PL	Kinder Kids Flyer Flex <b>AS FWO/BWO</b>	JS AC <b>BB</b>	Basic 2 <b>AS Jumps</b>	PL <b>MP</b>	Basic <b>AS Series/Tuck</b>	AW <b>BB</b>	<p><b>Ask Us about Private Classes on Fridays!</b></p> <p><b>Choose your group to keep a Low Risk Environment!</b></p>
<b>4:30pm</b>	Flyer Flex BHS Series/Tuck <b>AS Jumps</b>	AC AW PL <b>MP</b>	Basic Series <b>AS BHS</b> <b>AS Stunt</b>	JS PL <b>BB</b> Staff	Flyer Flex Tuck Twist <b>AS Tumble</b>	AC PL BB <b>MP</b>	Basic 2 Series <b>AS BHS</b> <b>AS Stunt</b>	AW JS <b>BB</b> Staff	
<b>5:30pm</b>	Kinder Kids Basic Layout/Twist	AL PL JS	Boss Basing Tuck <b>AS Layout/Twist</b>	SS JS <b>BB</b>	Kinder Kids Basic 2 <b>AS BHS</b>	AL JS <b>BB</b>	BHS Acro	AW BB	
<b>6:30pm</b>	Stunt <b>AS Tumble</b>	Staff AC	BHS Acro <b>AS Tumble</b>	JS BB <b>SS</b>	12 & Up Stunt <b>AS Tuck</b>	JS Staff <b>BB</b>	Tuck FWO/BWO	BB AW	
<b>7:30pm</b>	Basic 2 BHS Tuck/Layout	AW PL JS	Basic 12 & Up Jumps	PL BB JS	BHS/Series Layout/Twist	PL BB	Jumps Layout/Twist <b>AS Tuck</b> <b>AS Tumble</b>	AW PL <b>BB</b> AC	
<b><u>Class Ratios:</u></b> Kinder Kids 6:1 Tumble Class 8:1 Jump & Flyer Flex Class 15:1  <b><u>Class Lengths:</u></b> 55 minutes, once a week			<b><u>Costs:</u></b> <b>Session 1: 8 Weeks</b> One Class: \$160 Two Classes: \$240 Unlimited: \$325 <b>Session 2: 9 Weeks</b> One Class: \$180 Two Classes: \$270 Unlimited: \$350 <b>** Must pre-register for classes. **</b>			<b><u>Annual Registration - \$35</u></b>  <b><u>Coaches:</u></b> AC Amanda Christiansen    MM Mia Matney AL Ashley Lewis            MP Madison Peters AW Ashley Weaver        MS Madi Shaw BB Brandon Bliss            PL Paul Lewis JS John Stuart                SS Scott Sparkman			

9550 John W Elliott Dr – Suite 104 – Frisco, TX – 75033  
972-731-5888

## CLASS DESCRIPTIONS & ABBREVIATIONS

### **KINDER KIDS CLASS - 55 minutes (3-5 years old)**

Our kinder kids program is a fun, high-energy movement and motor skill development program designed to help children cultivate their gross motor, visual motor and social skills in a non-competitive atmosphere. Using gymnastics as our basis, we engage children in activities that encourage balance and vestibular stimulation. Children are recognized for their individuality and are encouraged to have fun as they build skills.

### **BASIC TUMBLE CLASS - 55 minutes**

This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic tumbling skills includes: forward & backward roll, handstand, cartwheels, tick tocks, front limber and back-bend kick-over.

### **BASIC 2 TUMBLE CLASS - 55 minutes**

This class will focus on basic tumbling skills, the building blocks for all future classes in our program. Basic 2 tumbling skills includes: round off, back and front walkovers, cartwheel back walkover, and a **strong** handstand.

### **BACK HANDSPRING CLASS (BHS) - 55 minutes**

Prerequisites for this class are **strong** round-off with a rebound, proper cartwheel, back-bend kick over, back and front walkover. To exit this class a student must perform a strong standing back handspring, and round-off back handspring.

### **SERIES CLASS- 55 minutes**

Prerequisites for this class are **strong** standing and **strong** round-off back handspring. To exit this class a student must perform a strong standing series, front walkover round-off back handspring and running round-off back handspring series. A series is three or more back handsprings in a row.

### **BACK TUCK CLASS - 55 minutes**

Prerequisites for this class are **strong** standing back handspring series, front walkover round-off back handspring and running round-off back handspring series. To exit this class a student must be working on a standing back tuck and be able to perform a punch front, standing series to a back tuck and round off back handspring series to a back tuck.

### **LAYOUT CLASS - 55 minutes**

Prerequisites for this class are **strong** standing back handspring to a back tuck, a punch front and a round-off back handspring series to a back tuck. To exit this class a student must perform a layout, standing back tuck and three back handsprings to layout.

### **TWIST CLASS - 55 minutes**

Prerequisites for this class are a standing back tuck, a layout and standing three back handsprings to a layout. In this class athletes will be introduced to round-off back handspring to a full and specialty passes with twisting.

### **STUNT CLASS – 55 minutes**

Come Fly with us! Classes are designed to train flyers to execute flawless technique in the air. Our expert staff will spot and stunt your athlete as they build confidence in themselves and their skills.

### **JUMPS! - 55 minutes**

There are no prerequisites for this class. This class is designed for athletes that want to improve their jumps. Work on jump technique, endurance and height. The only way to improve jumps is to jump!!!

### **FLYER FLEX- 55 minutes -**

There are no prerequisites for this class. This class is designed for athletes that want to increase their flexibility. Individual and partner stretching will be focused on, as well as, flying skills such as heel stretch, scorpion, scale and arabesque