



2018-2019 Season

Fall Class Schedule - Foxboro

September 4, 2018 – November 30, 2018

Monday

5:00 – 6:00pm
6:00 – 7:00pm
7:00 – 8:00pm

Tucks	Coach Trinity
Open Gym	Coach Erin
Open Gym	Coach Erin

Tuesday

4:30 – 5:00pm
5:00 – 6:00pm
8:00 – 8:30pm
8:30 – 9:00pm

Flyer Stretch	Coach Erin
BHS	Coach Erin
Flyer Stretch	Coach Erin
Jumps	Coach Erin

Wednesday

5:00 – 6:00pm
8:00 – 9:00pm

Tucks	Coach Christie
Open Gym	Coach Mary

Thursday

8:00 – 9:00pm

Dance

Coach Francis

Friday

6:00 – 7:00pm

Open Tumble

Coach Erin

Saturday

10:00 – 10:30am
10:30 – 11:00am
11:00am – 12pm
11:00am – 12pm

Flyer Stretch
Jumps
FUNdamentals
Open Gym

Coach Erin
Coach Erin
Coach Trinity
Coach Erin



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Fall Class Schedule – Class Descriptions

Supervised Open Gym (1 hour class, \$10):

- Athletes can **tumble** or **stunt** in a supervised environment
- Athletes will participate in a dynamic warm up and cool down by the instructor
- Athletes can use mats, tumble track, spring floors and rod floor at their discretion. They may work skills and drills of their choosing
- An instructor will monitor floors and spot athletes as needed
- NO pre-requisites. 6 years old +

Tuck Class (1 hour class, \$10):

- Athletes will work towards achieving the standing tuck, running tuck and standing BHS to a tuck
- Drills and conditioning will be incorporated, and will all focus on the back tuck
- Pre-Requisite is standing AND running Two BHS's in a row.
- 6 years old +

BHS Class (1 hour class, \$10):

- Athletes will work drills and skills required to learn the STANDING BHS and Round off BHS
- Class will consist of conditioning and drills, all focusing on strengthening the body to achieve a BHS
- Pre-Requisite is Hand Stand, Round-off, Cartwheel, Back bend, back bend kick over
- 6 years old +



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Fall Class Schedule – Class Descriptions

Flyer Stretch Class (30 minutes, \$5):

This 30-minute class is designed to increase athlete's strength and flexibility as it pertains to flyer positions. Strengthen drills, flexibility drills and position hitting will be worked on in a fast paced, dynamic class!

Jump Class (30 minutes, \$5):

This 30-minute class will work drills and skills required to execute amazing jumps! Weights, drills, mirrors, conditioning exercises will all be used in this dynamic class

Dance class (1 hour, \$10):

Awesome class with coach Francis that will focus on learning dance eight counts for the first half and performing them to songs the second. Classes will blast calories, teach athletes to learn choreography faster and perform better!

FUNDamentals

FUNDamentals is a short-term, non-committal, low-cost introduction to All Star in a weekly class format. MORE INFORMATIONAL AVAILABLE SOON!