



2018-2019 Season

Winter Class Schedule - Foxboro December 3, 2018 – March 1, 2018

Tuesday

5:00 – 6:00pm
8:00 – 9:00pm

BHS Coach Erin
Open Gym Coach Erin

Friday

6:00 – 7:00pm

Open Gym

Coach Erin

Wednesday

5:00 – 6:00pm
8:00 – 9:00pm

Dance Coach Francis
Open Gym Coach Mary

Saturday

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

BHS
Tucks
FUNdamentals
Open Gym

Coach Erin
Coach Trinity
Coach Trinity
Coach Erin



2018-2019 Season

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 +



2018-2019 Season

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!