



Class Descriptions & Pre-requisites

Open Gym:

- No Prerequisites
- All skills & levels welcome

Will work on the following:

- Level appropriate skills with Instruction

Tiny's:

- Prerequisites: Ages 3-6 years old

Will work on the following:

- Forward/backward rolls
- Handstands
- Cartwheels
- Round offs
- Bridges
- Backbends
- Backbend Kick Over
- Back Walkovers

Mini Prep:

- Prerequisites: 6-8 years old

Will work on the following:

- Forward/backward rolls
- Handstands
- Cartwheels
- Round offs
- Bridges
- Backbends
- Backbend Kick Over
- Back Walkovers

Level 2:

- No Prerequisites

Will Work on the following:

- Forward/backward rolls
- Handstands
- Cartwheels
- Round offs
- Front walkovers
- Back walkovers
- Back Handsprings
- Round off Back Handsprings

Level 3:

- Prerequisites: Standing 2 Back Handsprings in a row & Running Round off Multiple Back Handsprings

Will work on the following:

- Running Round off Back handspring Tuck
- Specialty passes ending in a Tuck
- Jumps to multiple Back Handsprings
- Beginning of Standing Tuck Drills & Technique

Level 4:

- Prerequisites: Standing Multiple Back Handsprings
- Running Round off Back Handspring Tuck
- Specialty pass ending in Tuck

Will work on the following:

- Running Round off Back Handspring Layout
- Specialty passes ending in Layout
- Standing Tucks
- Jumps to Standing Tuck
- Standing series ending in Tuck & Layout
- Beginning of Full Drills & Technique

Level 5 & 6:

- Prerequisites: Standing Tuck
- Jump to Tuck
- Running Roundoff Back Handspring Layout

Will work on the following:

- Running passes ending in Fulls & Doubles
- Standing series ending in Fulls & Doubles
- Specialty passes ending in Fulls & Doubles

Ninja Class Description: 5-10 year olds:

Ninja is a class that combines gymnastics, martial arts, obstacle training, and freestyle movement.

Class goals: Listening skills, confidence, trying new things, working through frustration, and manners. We do all this through a strategic mix of skills and progressions.

Super Hero Class Description: 5-10 year olds

Super Hero is a class that combines gymnastics, parkour, obstacle training, and freestyle movement. Class goals: Listening skills, confidence, trying new things, working through frustration, and manners. We do all this through a strategic mix of skills and progressions.

CHEER 101 1 IS FOR 4-6 YEAR OLDS / CHEER 101 2 IS FOR 7-10 YEAR OLDS:

LAST CLASS (November 2nd) HAS A PARENT SHOWCASE!

Why CHEER 101 over other introductory youth activities?

All Star offers a unique, well-rounded opportunity not found in other similar entry level youth activities.

Cheerleading is a team activity not an individual intro sport.

Benefits of CHEER 101 and All Star:

CHEER101 teaches teamwork, cooperation, working towards a common goal, and socialization with others as integral parts of success and learning, while still developing the individual athlete. Many other youth activities focus on the development of the individual without the opportunity for a focus on the sense of team and comradery built within the group.

Individual achievements gained from All Star CHEER 101:

- Self Confidence
- Agility/Athleticism/Fine Motor Skill Development
- Strength training and development of overall physical condition in a FUN atmosphere. Exercise has never been so FUN!
- Character development through a special series developed exclusively for FUNDamentals.

Why is CHEER 101 so GREAT?

- Never boring! CHEER 101 is designed in short modules that keep athletes engaged for those budding individuals who want to experience all that All Star has to offer and not spend long periods of time focused on just one aspect of the sport.
- CHEER 101 incorporates stretching and increased flexibility, stunting, jumping, dance, conditioning and a FUN activity in each class structure.
- CHEER 101 teaches character development throughout a session long series of FUNactivities that encourages the growth of each student's life skills.
- Weekly FUN activities are sent home that aid in the development of your student athlete and teach valuable life lessons.
- CHEER 101 provides a taste of All Star which allows for a short term commitment to evaluate if All Star is right for your child!
- CHEER 101 provides a routine learned throughout the session which gives athletes the opportunity to perform in a FUN no pressure atmosphere such as a showcase.