

Class Descriptions Late Fall Tumbling Session

Beginner Basic Youth – This class is designed for the athlete that is just beginning their tumbling career. Athletes will focus on creating a strong tumbling foundation while learning basic tumbling skills such as forward rolls, handstands, cartwheels and bridges to prepare the athlete for Advanced Basics.

**This class is split into two age groups:
Youth (5-9 yrs) and Teen (10-18 yrs)**

Athletes MUST test into the following classes.

Advanced Basic Youth – This class is the next step to mastering basic skills. Athletes will continue to fine-tune their basics skills while advancing to front and back walkovers and combination skills to prepare for BHS 101.

**This class is split into two age groups:
Youth (5-9 yrs) and Teen (10-18 yrs)**

Back Handspring (BHS) 101 – This class is an introduction to back handsprings. Athletes will work on the fundamentals of a back handspring; including drills, strength training and building confidence to throw a back handspring on multiple surfaces.

Advanced BHS – This class is the next step on the way to mastering a back handspring. Athletes will focus on generating more strength and power through their back handsprings while combining skills with their handspring.

Master BHS – This class is the last step to mastering the handspring and connecting skills. Athletes will focus on series of skills, owning their handspring, fine-tuning technique and generating power to prepare for beginner tuck.

Beginner Tuck – This class is an introduction to tucks. Athletes will focus on tuck shapes, bounding for tucks and mastering body control to safely execute a running tuck and a punch front on multiple surfaces.

Advanced Tucks – This class is the next step on the way to mastering the tuck. Athletes will focus on building confidence in their skills as well as combining skills through to a running tuck.

Master Tuck – This class introduces tumbling through to a tuck from a standing position as well as working toward owning the running tuck. Athletes will continue to build strength and core to increase height of tuck and prepare athletes for beginner layout.

Beginner Layout – This class is an introduction to the layout position. Athletes will learn the correct arm placement, body shape, set and form to throw a layout. Athletes will also work on standing tucks and tumbling out of a punch front.

Advanced Layout – This class is the next step to mastering the layout. Athletes will continue to work on strength and control to throw beautiful layouts as well as introducing specialty connecting skills.

Master Layout – This class is designed for athletes to own the layout. Athletes will continue to fine-tune the technique as well as add specialty tumbling through to a layout and front tumbling skills through to layout to prepare for twisters class.

Twisters – This class is designed to teach the mechanics of a single twisting full.

Elite Twisters – This class is the next step on the way to becoming a master twister. Athletes will begin to add specialty skills to the full and introduce the double full and standing full.

Master Twisters – This class is for the athlete that has mastered the full and is working toward mastering specialty to fulls, the double full and specialty skills through to a double full.

Flex Zone Basic – This class is designed for athletes that are new to flex or those that are looking for a beginner stretch class. Athletes will learn flexibility, as well as body control.

Extreme Flex Zone – This class is for athletes that have good flexibility, but are looking to push their skills further. Concentration will be on needles, over stretches and kick scorpions.

Flight School – Whether you're currently a flyer looking to improve/learn new skills or working to become a flyer, this class is for you. Learn beginner through advanced skills in a progression format. Cost is \$100 per eight-week session.

Jumps to Make 'Em Jealous – Jump until you can't jump anymore! Work on technique, motion placement and learn tricks of the trade to that hyperextended jump.
This class is an intense 30-minute workout.

REGISTRATION

There is a \$60.00 registration fee for the 1st child and \$15.00 per additional child in an immediate family. Registration fee is paid yearly.

LATE FALL

Tumbling Session Dates

Start Date: Monday, September 11th
End Date: Sunday, November 5th

PRICE PER 8 WEEK SESSION

All Tumbling Classes	\$110.00
Beginner Basics, Jumps	\$75.00
Flex Zone Classes	\$100.00
Flight School	\$120.00



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Late Fall

TUMBLING SESSION

2017



8730 North Pavilion Drive
West Chester, Ohio 45069

(513) 779-9111

www.midwestcheerelite.com

Late Fall 2017 Tumbling Schedule

Class	Mon	Tue	Wed	Thr	Sun
Beg Basic Yth		7-8 pm	5-6 pm	5-6 pm	
Adv Basic Yth	5-6 pm	7-8 pm		5-6 pm	3-4 pm
Beg Basic Teen		7-8 pm	5-6/7-8pm	5-6 pm	
Adv Basic Teen	6-7 pm	7-8 pm		5-6 pm	
BHS 101	5-6 pm	6-7 pm	5-6/7-8pm		
Adv BHS	5-6 pm	5-6 pm	5-6/7-8pm		11 am-12/1-2 pm
Master BHS	5-6/7-8 pm	6-7 pm	6-7 pm		11 am-12/1-2 pm
Beg Tuck	5-6 pm		6-7 pm	5-6 pm	1-2 pm
Adv Tuck	6-7 pm		6-7 pm	5-6 pm	1-2 pm
Master Tuck	6-7 pm		6-7 pm	6-7 pm	
Beg Layout	6-7 pm			6-7 pm	
Adv Layout		5-6 pm		6-7 pm	
Master Layout		5-6 pm	5-6 pm		
Twisters		5-6 pm	5-6 pm	5-6/7-8 pm	11 am-12 pm
Elite Twisters		5-6 pm	5-6 pm	5-6/7-8 pm	11 am-12 pm
Master Twist		5-6 pm	5-6 pm	5-6/7-8 pm	11 am-12 pm
Basic Flex	5-6 pm	5-6 pm	5-6 pm	5-6/7-8 pm	11 am-12 pm
Extreme Flex	5-6/7-8 pm	5-6/6-7 pm	5-6 pm	5-6/7-8 pm	11 am-12 pm
Flight School	7-8 pm	5-6 pm		5-6 pm	
Jumps Class	5-5:30/ 7-7:30pm	5-5:30/ 6-6:30 pm	5-5:30/ 7-7:30 pm	7-7:30 pm	1:30-2 pm

SAT SEPT 16

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