

## Cheer Fusion Allstars Classes

### NEW CLASSES STARTING JUNE 1ST!!!!

**Tiny Tumbling** - ages 6 & under. This class focuses on rolls, cartwheels, round offs and front & back walkovers. No pre-requisites.

**Beginner Tumbling** – ages 6 & up. This class focuses on rolls, cartwheels, round offs and front & back walkovers. No pre-requisites.

**Back Handspring Class** - This class focuses solely on standing back handsprings. Pre-Requisite is a front and back walkover.

**Level 2 Tumbling** - This class focuses on specialty standing tumbling (back walkover back handspring) and round off back handspring. Pre-requisite is a standing back handspring.

**Level 3 Tumbling** - This class focuses on standing series hand springs, jump handspring and round off handspring tuck. Pre-requisite is a round off back handspring and standing handspring.

**Specialty Level 3 Tumbling** - This class focuses on front walkover through to tuck, aerials and punch fronts. Pre-requisite is a round off handspring tuck.

**Standing Tuck Class** - This class solely focuses on standing tucks. Pre-requisite is standing series (3) handsprings.

**Standing Level 4/5 Tumbling** - This class focuses on standing tucks, handspring tuck, jump to back and standing to full. Pre-requisite is standing series handspring and front walkover through to tuck.

**Running Level 4/5 Tumbling** - This class focuses on round off handspring layouts and fulls. Pre-requisite is a front walkover through to tuck.

**Specialty Level 4/5 Tumbling** - This class focuses on standing and running whips, front throughs, Arabians and doubles. Pre-requisite is a round off hand spring layout.

**Twisting Class** - This class solely focuses on fulls. Pre-requisite is a round off handspring layout.

**High School Tumbling** - This class focuses on all tumbling for high school aged athletes.

**Flyer Flex Class** – This class will focus on proper technique in stretching the right, left, and middle splits, proper back flexibility, and proper shoulder flexibility. Body positions for the liberty, scorpion, scale, heel stretch, front stretch, bow, needle and arabesque will also be taught.

**Jump Class** - This class will focus on proper stretching technique and extensive strength training to complete all the required jump positions. In addition to stretching and conditioning, this class will train proper arm and leg placement to perform each jump successfully and correctly. The following jumps will be taught: Toe Touch, Pike, Hurdler, Combination Jumps, and Jumps into Tumbling.