



CLASS DESCRIPTIONS

TUMBLING CLASSES

- ★ All classes will be set up in groups with a maximum of 10 students so that each student will receive the coach's proper attention.
- ★ All athletes will work on drills to help them achieve their skills in a timely manner and with proper technique.
- ★ All athletes will be spotted until the coach feels the athlete can throw the skill safely on their own.

OPEN TUMBLING

- ★ Open Tumbling is a great time for an athlete to come and practice their skills under the supervision of our coaches.
- ★ The staff will assist and advise the athletes with their workout.

CORE & FLEXIBILITY CLASSES

- ★ A class designed specifically to target 2 essential areas, strengthening your core and abdominal muscles, and increasing your overall flexibility. This class would greatly benefit **all cheerleaders** in every area of the sport, regardless of their level or position.
- ★ Your core muscles include your abdominal muscles, back muscles, and the muscles that surround your pelvis. Strengthening these muscles not only helps increase your power but also helps prevent injuries.
- ★ Benefits of flexibility training include increased range of motion, improved athletic performance, and decreased risk of injury.