CLASS SCHEDULE & INFORMATION

Level 1

Beginner
Tuesday: 5:30pm - 6:30pm

Advanced
Sunday: 4pm - 5pm
Thursday: 5pm - 6pm

Pee Wee
Monday: 5:30pm - 6:30pm

Junior
Sunday: 5pm - 6pm

Level 2

Beginner
Sunday: 1pm - 2pm
Monday: 6:30pm - 7:30pm

Advanced
Sunday 3pm - 4pm

Level 3

Beginner
Tuesday:
5:30pm - 6:30pm

Advanced
Sunday 4:30pm -5:30pm

Level 4 & 5

Level 4
Tuesday 7:30pm - 8:30pm

Level 5
Monday 5:30pm - 6:30pm

Flip Flop/Tucks* *

Flip Flop
Tuesday 6:30pm - 7:30pm

Tucks
Wednesday 7:30pm - 8:30pm

Flight

Beginner Flight
Monday: 5:30pm - 6:30pm

All costs per athlete: $45 annual gym registration fee, $65/ month for Tumbling Classes, $10 discount off each additional class, $45/ month for Rec. Cheer and Middle/High School whose organizations meet the following requirement: 1) Member of said organization and participates in organized practice held by TAC. 2) Discount applies as the organizations' seasonal contract with TAC.

No-risk trial, enroll anytime! We allow every athlete to try out a class for Free. Call us to set up your evaluation! Registration at www.texasallstarcheer.com. Follow the "Class Signup" link to enroll once you have been assigned a class.

An athlete is enrolled in a class until you notify the office in writing 21 days before the start of the next month. You can make changes to your class schedule anytime as long as there is availability.

Class tuition is drafted through auto-pay withdrawal on the 3rd of each month. Once an athlete enrolls in Texas Allstar Cheer, you must enable auto-pay information on the website or auto-pay form. We accept ACH draft, Visa, MasterCard or Discover.

Coaches are assigned to each class. However, due to scheduling conflicts, illness, etc., class instructors may vary without prior notification.

Class tuition is not based on attendance; it simply reserves your spot in the class. Some months you may have 5 classes as opposed to 4. In the end it all evens out.

Levels, Prerequisites & Curriculum

Level 1 - Beginner /PeeWee: No prerequisites-. Teaches: Basic body positions, Forward Roll, Bridge, Backbend, Handstand

Level 1 - Advanced: Prerequisites: Must have mastered all the skills being taught in previous level. Teaches: Backwards Roll, Cartwheel Step-in, Round Off, Backbend Kick Over, Back Walkover, Front Walkover

Level 1 Junior: No prerequisites. Basic body positions, forward/backwards roll, Handstand, Cartwheel, Round Off, Backbend Kick Over, Back Walkover, Front Walkover.

Level 2- Flip Flop Beginner: Prerequisites: Must have mastered all Level 1 skills. Teaches: Standing Back Handspring, Back Walkover Back Handspring, Round Off Back Handspring(s), T-lift Back Handspring

Level 2- Flip Flop Advanced: Prerequisites: Must have mastered a single standing bhs on the floor. Teaches: RO Series, front handsprings, Front Walkover series and combination specialty skills.

Level 3- Tucks Beginner: Prerequisites: Must have mastered a standing series/running series on the floor. Can perform a back tuck on the tramp or air mat. Teaches: Standing Tuck, Standing Back Handspring(s) to Tuck, Round Off Back Handspring Tuck, various specialty skills and combinations through to Tuck.

Level 3- Tucks Advanced Prerequisites: Must have mastered a standing series/running series on the floor. Can perform a back tuck on the tramp or air mat. Teaches: Aerials, punch fronts, Front Walkover through to Tucks, Standing tuck

Level 4 & 5: Prerequisites: Must have mastered all the skills being taught in all previous levels. Teaches: Standing Back Handspring(s) to Layout, Standing full, Standing Back Handspring(s) to Full/Double Full, Round Off Back Handspring Full, Whip Back, Arabian, various specialty skills and combinations through to Full/Double Full

Beginner Flight: No Prerequisites: Athletes will focus on ground-level flight skills, body positions. Athletes will progress to the air based on the ability to perform required skills on the ground.

****Flip Flop:** This class is for athletes who do not require tumble progression through competitive teams. I.E school cheerleading , rec cheerleading , etc. Teaches: back handspring, round off back handspring(s). Drills will be centered on obtaining a back handspring. Please refer to class description on our website for more details.

****Tucks :** Prerequisites: Back handspring and round off back handspring. Must follow Flip Flop class description Teaches: Standing back tuck, round off back tuck or round off back handspring back tuck. Please refer to class description on our website for more details.