



CLASS SCHEDULE & INFORMATION

Level 1		Level 2	Level 3
<u>PeeWee(3-5)</u> Sun 12-1pm Mon 5:30-6:30pm <u>Beginner</u> Sun 2-3pm(Mini 5-8) Tues 5:30-6:30pm(Mini 5-8) Thurs 6-7pm (Youth 8-11) Wed 6:30-7:30pm (Youth 8-11)		<u>Advanced</u> Sun 4-5pm Thurs 5-6pm <u>Beginner</u> Sun 1-2pm Mon 6:30-7:30pm <u>Advanced</u> Sun 3-4pm Thurs 7:00-8:00pm	<u>Beginner</u> Tues 5:30-6:30pm <u>Advanced</u> Sun 4:30-5:30pm
Level 4 & Up Tues 7:30-8:30pm		Flip Flop** <u>Back Handspring & Up</u> Mon 7:30-8:30pm <u>Flip Flop</u> Tues 6:30-7:30pm	Flight <u>Beginner Flight</u> Mon 5:30-6:30pm <u>Intermediate Flight</u> Sun 4-5pm
		& More <u>Strength & Plyo</u> Thurs 7:30-8:30pm	

LEVELS, PREREQUISITES, & CURRICULUM

Level 1- Beginner/Pee Wee: No prerequisites. Teaches: Basic body positions, Forward roll, Bridge, Backbend, Handstand. Mommy & Me will have assisted instruction of coordination skills and activities.

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/backward 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 Tucks.

Level 4 & Up: 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.

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 tumbling 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.

***Dance Prep:** Prerequisites: None. This class is for athletes interested in drill team/dance team. Basics taught with leaps, turns, body positions and flexibility associated with Drill Teams. Please refer to class description on our website for more details.

- All costs per athlete: **\$45 annual gym membership fee (due at registration,)**, **\$65/month** for Tumbling Classes, \$10 discount off each additional class (max \$20), \$45/month or 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 organization's 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 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's 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.