



CLASS SCHEDULE & INFORMATION

Level 1

PeeWee (3-5)

Sunday 12-1pm

Monday 5:30-6:30pm

Beginner

Sunday 2-3pm (Mini 5-8)

Tues 5:30-6:30pm (Mini 5-8)

Thurs 6-7pm (Youth 8-11)

Wednesday 6:30-7:30pm (Youth 8-11)

Mommy & Me (Walking -3yr)

Mon/Wed 10-11am

Advanced

Sunday 4-5pm

Thurs 5-6pm

Junior

Sunday 5-6pm

Wed 5:30-6:30pm

Level 2

Beginner

Sunday 1-2pm

Monday 6:30-7:30pm

Advanced

Sunday 3-4pm

Level 3

Beginner

Tues 5:30-6:30pm

Advanced

Sunday 4:30-5:30pm

Level 4&5

Level 4

Tues 7:30-8:30pm

Flip Flop/Tucks**

Flip Flop

Tues 6:30-7:30pm

Tucks

Wed 7:30-8:30pm

Flight

Beginner Flight

Mon 5:30-6:30pm

Intermediate Flight

Sunday 4-5pm



All costs per athlete: \$45 annual gym membership fee, \$65/month for Tumbling Classes, \$10 discount off each additional class, \$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.

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), Tilt Back Handspring.

Level 2 Flip Flop Advanced: Prerequisites: Must have mastered a single standing lbs 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 & 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.

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.

****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.