

# CLASS DESCRIPTIONS

## ***FLEX & MOBILITY***

***Wednesdays 5-6pm or Thursdays 5-6pm***

Our Flex & Mobility class is designed for to cater to athletes ages 7-18, offering a vibrant and engaging curriculum that lowers their risk of injury, and polishes their heel stretch to perfection!

Our Flex & Mobility class is guided by instructors who prioritize safety, enjoyment, and individual progress, and our curriculum is developed by our very own Coach Leslie. Through a combination of stretching, pilates, and progressive strength and active mobility exercises, athletes will develop greater flexibility while building strength, balance, and coordination.

- **Dynamic Stretching:** Participants will engage in dynamic stretching exercises designed to gently warm up muscles, increase circulation, and improve range of motion.
- **Building the Mind-Body Connection:** Incorporating elements of pilates, the mind-to-muscle connection, and breath awareness, children will learn relaxation techniques, stress reduction, and mental focus, promoting holistic well-being.
- **Progressive Training:** Our class structure allows for progressive skill development, accommodating students of all levels, from beginners to advanced athletes.
- **Fun Challenges:** Exciting challenges and games will keep children motivated and engaged.

Benefits of Flex & Mobility:

- Injury Prevention
- Improved Flexibility and Range of Motion
- Enhanced Core Strength
- Better Posture and Body Awareness
- Increased Confidence and Self-Esteem
- Better Body Positions with Control
- Stress Reduction
- Stronger Mind-to-Muscle Connection



# CLASS DESCRIPTIONS

## ***FLIGHT SCHOOL - Levels 1 & 2*** ***Wednesdays or Thursdays 6-7pm***

"It's easier to learn on teachers, rather than learning on learners!"

Our one-of-a-kind Flight School program offers athletes the exciting opportunity to learn the art of flying in stunts using real stunt group bases, under the guidance of experienced coaches and safety experts.

Our Flight School curriculum blends the thrill of learning new stunts with comprehensive training in safety, technique mastery, and progression creating an exhilarating and rewarding learning experience for aspiring flyers.

- **Stunt Fundamentals:** Athletes will learn the foundations of flying in stunts, including proper body positions, balance, and muscle engagement.
- **Progressive Skill Development:** Our curriculum caters to students of all skill levels, from beginners to advanced flyers. As athletes progress, they will advance to more complex stunts.
- **Individualized Coaching:** Our stunt group of coaches offer personalized feedback and instruction, helping each student refine their technique, overcome challenges, and reach their full potential.

Benefits of Flex & Mobility:

- Learn to Fly on Teachers
- Individualized Progression
- Enhanced Confidence and Self-Esteem
- Opportunity to Express Creativity & Performance
- Exciting and Memorable Experiences



# CLASS DESCRIPTIONS

## *FLIGHT SCHOOL - Levels 2-6* *Wednesdays or Thursdays 5-6pm*

**This class is for advanced athletes!**

Our one-of-a-kind Flight School program offers athletes the exciting opportunity to learn the art of flying in stunts using real stunt group bases, under the guidance of experienced coaches and safety experts.

Our Flight School curriculum blends the thrill of learning new stunts with comprehensive training in safety, technique mastery, and progression creating an exhilarating and rewarding learning experience for aspiring flyers.

- **Stunt Upgrades:** Learn advanced stunts such as twist cradles, flips, full-ups, switch-ups, high-to-highs, and inversions.
- **Progressive Skill Development:** Our curriculum caters to students of all skill levels, from Level 2 to Level 6 flyers. As athletes progress, they will advance to more complex stunts.
- **Individualized Coaching:** Our stunt group of coaches offer personalized feedback and instruction, helping each student refine their technique, overcome challenges, and reach their full potential.

Benefits of Flex & Mobility:

- Learn to Fly on Teachers
- Individualized Progression
- Enhanced Confidence and Self-Esteem
- Opportunity to Express Creativity & Performance
- Exciting and Memorable Experiences





**TUMBLING  
FOR AGES 4-7**



# CLASS DESCRIPTIONS

## **WHITE TUMBLING | AGES 4-7** **MONDAYS or THURSDAYS 6-7PM**

**Pre-Requisites: NONE**

Our WHITE Tumbling program is where little ones can flip, roll, and tumble their way to fun and fitness! Our WHITE Tumbling class is specially designed for children ages 4-7, offering a safe and supportive environment for them to explore the exciting world of tumbling.

In our WHITE Tumbling class, children will embark on a playful journey of movement and discovery under the guidance of certified instructors who understand the unique needs and abilities of young tumblers. Through a series of age-appropriate exercises, games, and activities, participants will develop foundational tumbling skills while building confidence, strength, and coordination.

### Key Components:

- **Basic Tumbling Skills:** Learn fundamental tumbling skills such as forward rolls, backward rolls, cartwheels, and handstands in a progressive and structured manner.
- **Safe Environment:** Our instructors prioritize safety and create a nurturing environment where children can explore movement with confidence and joy.
- **Fun and Engaging Activities:** Keep kids motivated and excited with interactive games, obstacle courses, and creative challenges that make learning tumbling skills a blast.
- **Developmentally Appropriate:** Tailored exercises and drills are designed to meet the physical and cognitive abilities of young children, promoting proper technique and skill development.
- **Positive Reinforcement:** Encourage a growth mindset and boost self-esteem with positive reinforcement and encouragement from supportive instructors.
- **Social Interaction:** Foster friendships and teamwork skills as children interact with peers in a fun and inclusive setting.

### Benefits of WHITE TUMBLING:

- Improved Balance and Coordination
- Increased Strength and Flexibility
- Enhanced Body Awareness and Control
- Boosted Confidence and Self-Esteem
- Development of Fundamental Movement Skills
- Introduction to Tumbling Basics



# CLASS DESCRIPTIONS

## **BLACK TUMBLING | AGES 5-7** **MONDAYS or THURSDAYS 6-7PM**

***Pre-Requisites: Bridge Kickover, Cartwheel, & Handstand to Bridge***

Our BLACK Tumbling program is designed for children ages 4-7 who have mastered the basics and are ready for new challenges and opportunities for growth.

In our BLACK Tumbling class, children will build upon their foundational tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** Build upon basic tumbling skills with more advanced techniques such as back walkovers, front walkovers, round-offs, and back extension rolls.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of BLACK Tumbling:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting





**TUMBLING  
FOR AGES 7-18**

# CLASS DESCRIPTIONS

**RED TUMBLING | AGES 7-18**  
**MONDAYS 4:30-6pm or THURSDAYS 7:30-9PM**

**Pre-Requisites: NONE**

Our RED Tumbling Program is for aspiring tumblers to embark on their exciting journey of skill development and tumbling! Our RED Tumbling class is tailored for athletes ages 7-18 who are eager to learn the fundamentals of tumbling in a supportive and encouraging environment.

Key Components:

- **Basic Tumbling Skills:** Learn fundamental tumbling skills such as forward rolls, backward rolls, cartwheels, and handstands in a progressive and structured manner.
- **Safe Environment:** Our instructors prioritize safety and create a nurturing environment where children can explore movement with confidence and joy.
- **Fun and Engaging Activities:** Keep kids motivated and excited with interactive games, obstacle courses, and creative challenges that make learning tumbling skills a blast.
- **Positive Reinforcement:** Encourage a growth mindset and boost self-esteem with positive reinforcement and encouragement from supportive instructors.
- **Social Interaction:** Foster friendships and teamwork skills as children interact with peers in a fun and inclusive setting.

Benefits of RED Tumbling:

- Improved Balance and Coordination
- Increased Strength and Flexibility
- Enhanced Body Awareness and Control
- Boosted Confidence and Self-Esteem
- Development of Fundamental Movement Skills
- Introduction to Tumbling Basics





# CLASS DESCRIPTIONS

## **ORANGE TUMBLING | AGES 7-18** **MONDAYS 7-8:30pm or TUESDAYS 4:30-6PM**

***Pre-Requisites: Bridge Kickover, Cartwheel, & Handstand to Bridge***

Our ORANGE Tumbling program is designed for athletes ages 7-18 who have mastered the basics and are ready for new challenges and opportunities for growth.

In our ORANGE Tumbling class, children will build upon their foundational tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** Build upon basic tumbling skills with more advanced techniques such as back walkovers, front walkovers, round-offs, and back extension rolls.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of the ORANGE Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting





# CLASS DESCRIPTIONS

## **YELLOW TUMBLING | AGES 13-18** **WEDNESDAYS 7:30-9pm**

**Pre-Requisites: NONE**

Our YELLOW Tumbling program is designed for athletes ages 13-18, specifically tailored for high school-aged athletes (beginner-advanced) and is fully compliant with the standards set by the Michigan High School Athletic Association (MHSAA).

In our YELLOW Tumbling class, athletes will receive top-tier instruction from experienced coaches who understand the unique demands and requirements of competitive cheerleading. With a focus on skill progression, safety, and performance readiness, participants will enhance their tumbling repertoire, boost confidence, and sharpen their competitive edge.

### Key Components:

- **Progressive Skill Development:** Work Back Walkovers, Back Handsprings, Back Tucks, and more with the support of a certified coach using a combination of physical and mental drills and progressions.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

### Benefits of the YELLOW Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting
- Compliance with MHSAA Standards for High School Cheerleading



# CLASS DESCRIPTIONS

## **GREEN TUMBLING | AGES 7-18**

**TUESDAYS 6-7:30pm, WEDNESDAYS 4:30-6pm, or THURSDAYS 4:30-6pm**

**Pre-Requisites: 3 Connected Back Walkovers (with straight legs!) & Front Walkover**

Our GREEN Tumbling program is designed for athletes ages 7-18 who have mastered the fundamentals and are ready for new challenges and opportunities for growth.

In our GREEN Tumbling class, children will build upon their foundational tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** This class specifically works back handsprings and front handsprings, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of the GREEN Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting



# CLASS DESCRIPTIONS

## **BLUE TUMBLING | AGES 7-18**

**TUESDAYS 4:30-6pm, WEDNESDAYS 6-7:30pm, or THURSDAYS 7-8:30pm**

***Pre-Requisites: 2 Connected Back Handsprings & Round-Off Back Handspring Rebound***

Our BLUE Tumbling program is designed for athletes ages 7-18 who are beginning to learn front and back tucks!

In our BLUE Tumbling class, athletes will build upon their foundational tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** This class specifically works back tucks and front tucks, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of the BLUE Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting



# CLASS DESCRIPTIONS

## **PURPLE TUMBLING | AGES 7-18**

**TUESDAYS 4:30-6pm, WEDNESDAYS 6-7:30pm, or THURSDAYS 7-8:30pm**

***Pre-Requisites: 3 Connected Back Handsprings, Round-Off Back Handspring Tuck, & Toe Touch Back Handspring***

Our PURPLE Tumbling program is designed for athletes ages 7-18 who are beginning to learn layouts and standing back tucks!

In our PURPLE Tumbling class, athletes will build upon their foundational tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** This class specifically works layouts and standing back tucks, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of the PURPLE Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting





# CLASS DESCRIPTIONS

## *SILVER TUMBLING | AGES 7-18* *TUESDAYS 7-8:30pm or THURSDAYS 4:30-6pm*

***Pre-Requisites: Standing Tuck, Punch Front Tuck, & Toe Touch Back Handspring Tuck***

Our SILVER Tumbling program is designed for athletes ages 7-18 who are perfecting their standing and running layouts, toe touch back tuck, and beginning to work specialty connections!

In our SILVER Tumbling class, athletes will build upon their foundational tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** This class specifically works layouts and specialty connections, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of the SILVER Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting





# CLASS DESCRIPTIONS

## **GOLD TUMBLING | INVITE-ONLY** **TUESDAYS 7-8:30pm or THURSDAYS 4:30-6pm**

***Pre-Requisites: PUNCH FRONT STEP-OUT OR WHIP THROUGH TO LAYOUT, TOE TOUCH TUCK, & STANDING BHS LAYOUT***

Our GOLD Tumbling program is designed for elite athletes who are working twisting, whether it's fulls, 1.5s, doubles, standing fulls, Arabians, or full through to fulls!

In our GOLD Tumbling class, athletes will build upon their elite tumbling skills and begin to explore more advanced skills and progressions under the guidance of certified instructors. With a focus on progression, safety, and fun, participants will continue to develop their tumbling abilities while fostering confidence, strength, and agility.

Key Components:

- **Progressive Skill Development:** This class specifically works twisting and specialty connections, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Focused Instruction:** Receive positive coaching and constructive feedback to refine technique, improve form, and overcome challenges as students progress through new skills and combinations.
- **Strength and Conditioning:** Incorporate strength-building exercises and conditioning drills to enhance overall physical fitness, endurance, and body awareness.

Benefits of the GOLD Tumbling Program:

- Continued Skill Development and Progression
- Increased Confidence and Self-Assurance
- Improved Strength, Mobility, and Coordination
- Enhanced Focus, Discipline, and Goal Setting

