



Class Listings

LEVEL 1-5 Classes: Specific skills are taught at a progressing level. The skills List is available at Front Desk.

*** **Combo classes** are offered (Level 1-2, Level 3-4 & Level 4-5) for those that are 1 or 2 tricks away from passing one level and advancing up to the next level. Need coach's approval to enroll.

Back handsprings (Level 2 class) & Back Tucks (Level 3 class) ONLY: Specific classes geared for specific goals. These classes work on drills relating to the Back handspring or Tuck only. These classes are very effective for the student looking to perfect a single skill. Note: Students must have the foundation of Level 1 before entering into Back handsprings Only. For Tucks only students are required to have passed into Level 3.

Fly Girls: Class emphasizes flying skills for cheerleaders. Included is flexibility and strengthening specific to balance tricks that flyers do, twisting and toss tricks on trampoline.

Twisted Tumbling: Geared for the advanced (Level 4-5) tumblers working on layouts and twisting for fulls, arabians, front twisting, and flyer twisting. Must have coach's approval to enroll.

Stunt Class: Stunt couples consist of 1 base/1 flyer and must bring their own qualified spotter to spot and assist in catches (spotter does not have to pay for class, but must sign waiver/release form). Stunt groups consist of 4-5 females. This class is open to any stunt couple or group that want to work on stunting technique. Groups are trained at their level and taught to spot others as well as work on their own. Coaches are not responsible to choreograph routines for groups unless they are members of California Flyers (additional fees apply for choreography for those other than California Flyers).

Cheer 101: The basics of cheer necessary to be a Cheerleader! This class combines jumps, kicks, cheer motions, tumbling, flexibility and strengthening for current and future cheerleaders. Use of all equipment.

Cheerdance: Combination class includes; cheer motions, hip-hop style dance with precision movements. Use of floor mats.

Gymtime: This is a time to enjoy tumbling on your own, with supervision. You are able to use the equipment you want, to work on the skills that you want. You may use your time for what you need.

Private Lessons: One on one lessons with Instructor and Student are available on a first come first served basis. These are especially great for students with specific goals in mind, or to increase in technique all around.

Birthday Parties: Are available upon request on Saturdays between 3-5pm. We offer cheerleading parties, tumbling parties, cheer/tumbling parties and more. We will accommodate all ages, and all levels.

Cheerleading Team Instruction: We train cheerleading teams from Cheer 101 to tumbling and stunting. We also choreograph for special performances such as Homecoming, Competitions etc. Schedule may vary, inquire at the Front Desk.

Music Mixing: If you need songs clipped together, sound effects placed over music, or an entire mix of music for any event let us provide you with our quality mixing. All styles of music available.

Prep for Tryouts & Tryout Clinics: It's that time of year where we specialize in training future cheerleaders. These classes/clinics are geared specifically for preparing students to be able to perform their best in front of judges. Jumps, motions, tumbling, showmanship, flexibility, and strengthening are a part of this class. Tips and techniques from former cheerleaders and judges help to educate the students.