



Exxcel All Star Cheerleading Tumbling Schedule

November 28th - February 19th

12 weeks = \$204 and \$40 annual membership fee

Monday

5:00-6:00	Stretch and Flex Class	This class will focus on flexibility for tumbling, jumps and injury prevention.
6:00-7:00	Beginner Tumbling Class	This class will focus on cartwheels, roundoffs, front and back walkovers, and introduce backhandspring
7:00-8:00	Backhandspring Class	This class will focus on backhandsprings, roundoff backhandspring and handspring series
8:00-9:00	Running Tumbling Class	This class will focus on running tumbling into backhandspring/series backhandsprings and advanced tumbling. You must have a solid backhandspring

Tuesday

8:00-9:00	Advanced Tumbling Class	This class will focus on advanced tumbling skills. Students must have a round off backhandspring back tuck or roundoff backtuck
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Wednesday

5:00-6:00	Jump/Conditioning Class	This class will focus on flexibility for jumps and jump technique. Students will stretch/jump and condition.
6:00-7:00	Beginner Tumbling Class	This class will focus on cartwheels, roundoffs, front and back walkovers, and introduce backhandspring
7:00-8:00	Backhandspring Class	This class will focus on backhandsprings, roundoff backhandspring and handspring series
8:00-9:00	Running Tumbling Class	This class will focus on running tumbling into backhandspring/series backhandsprings and advanced tumbling. You must have a solid backhandspring

Sunday

12:00-1:00	Running Tumbling Class	This class will focus on running tumbling into backhandspring/series backhandsprings and advanced tumbling. You must have a solid backhandspring
1:00-2:00	Backhandspring Class	This class will focus on backhandsprings, roundoff backhandspring and handspring series
2:00-3:00	Standing Tuck Class	This class will focus on developing and perfecting the standing tuck. Students must have a standing backhandspring.

Pre Registration and Registration form is required
(617) 244-3300 (For class recommendation or placement call Kendra)

exxcelcheercoaches@gmail.com

All makeups must be scheduled in advance with the office-no drop ins

Updated 11/30/2011