



United Elite Recreational Tumbling and Stunt Classes
Fall Semester September 3rd – January 31st

Introduction to Tumbling – For athletes who are at the beginning of their tumbling career. There are no pre-requisites for this class. In this class, athletes will work on skills including forward rolls, backward rolls, handstands, cartwheels, and round-offs.

Beginning Tumbling- For athletes who have some experience with tumbling and have mastered the following skills: forward roll, backward roll, backward roll to push up, handstand, handstand forward roll, cartwheel and round off. In this class, athletes will work on skills including standing back handsprings, round-off back handsprings, standing back handspring series, round-off back handspring series, and toe touch back handsprings.

Intermediate Tumbling Class – For athletes who will be building on the following mastered skills: Standing back handspring, round-off back handspring, standing back handspring series, round-off back handspring series, toe touch back handspring, and back handspring step out. In this class, athletes will work on skills including round-off tuck, round-off back handspring back tuck, front handsprings and punch fronts.

Advanced Tumbling Class – For athletes who will be building on the following mastered skills: Round-off tuck, punch front forward roll, punch front, round-off back handspring tuck, and front handspring. In this class, athletes will be working on skills including standing tucks, standing back handspring tucks, layouts, punch front step outs, standing back handspring series to tuck/layout, and jumps to back handspring tucks/standing tuck.

Elite Tumbling Class – For athletes who will be building on the following mastered skills: Standing tuck, standing back handspring tuck, toe touch back handspring tuck, toe touch tuck, cartwheel tuck, round-off layout, round-off back handspring layout, punch front step out, standing back handspring series to tuck, standing back handspring series to layout, and multiple jumps to tuck. In this class, athletes will be working on skills including fulls, doubles, Arabians, and various elite alternate tumbling skills.

Jump Class – For athletes of all levels who are looking to improve jump flexibility, strength, hyperextension, timing, and arm placement. This 30min class will get you flying high with pointed toes.

***All athletes must be evaluated before joining Intermediate tumbling or higher**
Important Semester Dates:

Halloween No Class Oct 31st

Holiday Break No Class Dec 21st – Jan 5th

Thanksgiving Break No Class Nov. 18th-21st

Bring -A - Friend Week Jan 27th-31st

Class Name	Hrs. per week	Monday	Tuesday	Wednesday	Thursday	First Class	Second Class
Introduction to Tumbling	1 hr.			4:30pm		\$ 175.00	
Beginning Tumbling	1 hr.	5:30pm			5:45pm	\$ 265.00	\$200.00
Intermediate Tumbling	1 hr.		7:00pm		7:00pm	\$ 265.00	\$200.00
Advanced Tumbling	1 hr.		7:00pm		7:00pm	\$ 265.00	\$200.00
Elite Tumbling	1 hr.		7:00pm		7:00pm	\$ 265.00	\$200.00
Jump Class	30min		5:45pm			\$30/month	

***For ANY questions or to get signed up for the Fall Semester, please e-mail Kaylan at support@cheerelite.com**
If you are unable to commit to an entire semester you can join a class (if there is available space) for \$16 per class Minimum of four classes and must be prepaid.
If space is available and you would like to drop in to a class it is \$20 per class