

**X-CEL ATHLETICS HOME OF STEP 1 ALLSTARS NORTH CLASS SCHEDULE NOVEMBER 18, 2024-FEBRUARY 23, 2025**

**Closed DEC 20 - JAN 2**

Class	Sun 11/24 - 2/23	Mon 11/18 - 2/17	Tue 11/19 - 2/18	Wed 11/20 - 2/19	Thurs 11/21 - 2/20	Fri	Sat 11/23 - 2/22
Junior Stars- This class is for our younger athletes new to tumbling. Athletes start off learning the perfect handstand, and then learn forward and backward rolls, as well as cartwheels and roundoffs. Athletes also learn standing bridges and body control. They begin learning bridge positions and body awareness. This class is geared towards ages 3-5 years old.	Sunday classes Start 11/24		6-7PM		5-6PM		9-10AM
Beginning Tumbling – Learn forward and backward rolls, as well as cartwheels, cartwheel step ins. Athletes learn standing bridges and body control as well as the beginning of back walk overs and handstand limber ups, handstand bridges and handstand rolls. This class is for all ages 5 years and up that are new to tumbling.		6-7PM	7-8PM	5-6PM	4-5PM		9-10AM
Level 1 Tumbling - this class is for athletes that are transitioning out of beginning tumbling or have mastered handstand holds, cartwheel step ins. They must also have bridge transitions. They learn round offs, back walk overs, front walk overs, back extension rolls, valdez and level 1 specialty passes and tumbling connections. This class is skill based, not age based.		4-5PM	4-5PM	6-7PM 7-8PM	6-7PM		12-1PM
Level 1/2 Tumbling ages 11 and older- this class is for our older athletes. These athletes will work handstand roll downs, cartwheel step ins, back walk overs, front walk overs, valdez, level 1 connections and transition into the handstand pops, handspring shaping, jumping and round off handsprings.					8-9PM		
Level 2 Tumbling Beginner - This class is for those athletes that have mastered a back walk over, handstand limber up, and round offs basics. Learning standing handsprings, round off handsprings, handstand pops, and continuing with the round off rebound, back extension roll and valdez.		7-8PM	8-9PM	4-5PM 7-8PM			10- 11AM

<p><b>Back Handspring Class - All Ages – this class</b> This class is geared towards our school cheerleaders, dancers and recreational tumblers who want to focus on one skill....the back handspring. This class will focus on drills specifically for that. Must have a strong back bridge in order to take the class. Team athletes are able to take this class as an additional class. Not as their primary class</p>			5-6PM			
<p><b>Level 2 Tumbling for ages 10 and under – this class is geared to those athletes that have their back walk over, a handstand limber up a strong cartwheel step in, as well as a strong handstand hold. It is the introduction to back handsprings, back handspring step out, running handsprings and front handsprings, round off rebound connections, as well as valdez connections. Class will include shaping drills to develop the proper technique to quickly master the handspring shape.</b></p>		5-6PM				
<p><b>Level 2 Tumbling Advanced-this class is geared toward athletes that have standing handsprings, round off handspring on their own and are working to improving technique, level 2 combo passes and specialty passes of front walk over round off handsprings, and series, as well as handspring step outs, flysprings and front handsprings, progressing towards level 3 standing and adding tucks.</b></p>		4-5PM 8-9PM	8-9PM	4-5PM 7-8PM		10-11AM
<p><b>Level 3 Tumbling – This class is for those athletes that have mastered level 2, with round off handspring series, standing handspring level 2 specialty combos, front handspring, fly springs, and level 2 combo passes. This class works the technique of punch fronts, ariels, round off handspring tucks, standing series, including handspring step out series, jump to handspring and combo passes, specialty level 3 advanced and elite passes.</b></p>		4-5PM	6-7PM			
<p><b>Level 3 and 4 Tumbling – this class is for those athletes that have completely mastered level 2 skills and combos, and have the foundational skills of Level 3(series handsprings are a minimum) handspring step outs to series handsprings, and are starting to incorporate running tucks, standing tucks, learning the basics of handsprings to tucks and</b></p>				5-6PM		11AM-12PM

working layout drills and PFSTO drills. BHS/BHS Step out Back Tuck						
Level 4 Tumbling-this class is geared toward athletes that have mastered level 3 (must have round off BHS, back tuck, and specialty level 3). For our athletes working skills to layouts, punch front step outs, and combo passes to layouts. Standing is handspring to tucks, and 2 handsprings to tucks.				6-7PM		
Level 5 Tumbling – this class is geared toward athletes that have mastered level 4 skills and are working on fulls and combos to fulls. Working standing series to layouts and standing whip passes to layouts.			4-5PM			
Level 6 Tumbling – this class is for athletes that have a running full , and are working doubles. BHS whip BHS series Full, BHS whip to full, PFSO to Full/double. RO Whip Full, RO BHS Whip Full, BHS full, Standing Fulls, BHS Whip Full, RO Arabian through to fulls, RO To Whip Double, FWO to double.				6-7PM		
Shaping. This Class is for Levels 1-3. However, all levels will benefit. It covers the fundamental aspects of tumbling from hollow bodies to proper shoulder opening, bridge shaping, handspring shaping to tuck shaping and everything in between. This class will help athletes gain more confidence in their tumbling.				7-8PM		
Sideline Cheer Preparation-This class is a unique route to training middle and high school aged students to get a solid foundation for sideline cheerleading. While it may not follow traditional progressions, it will teach skills that are used most often for school cheer. From jumps to cartwheels, to handsprings and standing tucks. This class is packed with all your athlete will need for spring tryouts or to keep their skills sharp.				8-9PM		

<p><b>All Star Jumps Plus National or Regional Teams-(unless noted otherwise by the class time.) This class is for the athletes on National or Regional Teams, non team athletes may join if there is availability. Work drills to Improve stamina and endurance for teams' routine. Improve core strength and condition the entire body to propel jumps to new height including double jumps needed in routine. Cost of class is included in National Team Tuition. Cost for Regional athletes or non-team athletes is \$60</b></p>	<p><b>2-3PM 3-4PM 4-5PM 5-6PM 6-7PM</b></p>	<p><b>6-7PM (Phenom Only)  8-9PM</b></p>	<p>6-7PM</p>	<p>4-5PM</p>	<p>4-5PM 7-8PM</p>		
<p><b>National or Regional Flex Class - Athletes will be stretched and work drills for advanced body positions such as arabesques, heel stretches, front stretches, kick scorpions, scales, bow and arrows.</b></p>	<p><b>3-4PM 5-6PM</b></p>	<p>4-5PM</p>	<p>5-6PM</p>	<p>8-9PM</p>	<p>4-5PM</p>		
<p><b>Club Cheer-Ages 3-5 seeking our newest cheerleaders! Sharpen your cheer, stunt, jump &amp; tumbling skills. (1 weekly tumbling class is included) please enroll for the skill level appropriate tumbling class with the Club Cheer Order. Team performs for family and friends at end of session.</b></p>			<p>4-5PM</p>				
<p><b>Club Cheer-Ages 5-12 seeking all experience levels! Sharpen your cheer, stunt, jump &amp; tumbling skills. (1 weekly tumbling class is included) please enroll for the skill level appropriate tumbling class with the Club Cheer Order. Team performs for family and friends at end of session.</b></p>							<p>11am-12pm</p>
<p><b>Toddler and Pre-School Open Gym-Looking for something fun to do during the winter? Open gym offers our youngest athletes the opportunity to run and play and burn off energy during the winter months. It is Cash at the door or you can pay online with credit card the day of the class. Cost is \$5 per class</b></p>			<p>1:30-2:30PM</p>				

**NOTE: Skills can be considered mastered when performed on the spring floor (not on the trampoline) with great technique. Athletes must continue to be expected to work lower level skills during warm-ups and working connections.**

**\*\*THE GYM IS CLOSED DECEMBER 20-JANUARY 2, 2025\*\*** Please email [mvitale@x-celathletics.com](mailto:mvitale@x-celathletics.com) for a make-up class.

1. All Tumbling Classes- (including junior stars) 12 week session \$174 (included in all competitive cheer teams and club cheer class)
2. The Back Handspring class is \$174 for the 12 week session. It can be taken as an additional class for our competitive team athletes at \$126
3. Sibling discounts offered on tumbling classes only (10%)
4. Club Cheer- 12 week session is \$258– Includes 1 tumbling class (please enroll for the tumbling class with your Club Cheer order) Showcase for family and friends will be the last 2 Tuesdays and Saturdays of the session
5. Shaping Class -12 week session is \$132
6. Sideline Cheer-Preparation class is \$174 for the 12 week session. Make ups can be done in a jumps class or a tumbling class.
7. Flex Class – 12 week session \$60
8. Jump Class – 12 week session \$60 (included in National teams tuition)
9. Annual Registration/Insurance fee of \$45 is required each year on athlete anniversary

**\*Make Up Class Policy:** Make up classes must be done during the current session. There will be NO credits for missed classes. Please email [info@xcelathletics.com](mailto:info@xcelathletics.com) to arrange make-up classes.

**\*Payment Policy:** Payment for the new session must be made prior to the session beginning. All balances from previous sessions must be paid in full.