

# Dragons Elite Cheer Classes

## Preschool Cheer

- Stunts and Jumps (45Min)
  - No experience required
  - Stunting and jumping essentials required in cheerleading
  - No tumbling included
- Cheer-io (60 min)
  - 4-5 year olds preparing to try out for competitive cheer
  - Learn essential stunting, jumps, and tumbling skills

## Rec Cheer Classes

### Level 1 Cheer (60 Min)

- Ages 5-6
- No experience required
- Learn a short motion sequence & develop jump basics
- Level 1 Tumbling
  - Handstands
  - Cartwheels
  - Round off
  - Front/back walkovers
  - Back handsprings
- Level 1 stunts
  - Thigh stand, bell lib, prep

### Level 1/2 Cheer (60 Min)

- Ages 7-11
- Required- Handstand & Cartwheel
- Learn a short motion sequence & more advanced jumping skills
- Level 2 Tumbling
  - Back handsprings
  - Round Off Back Handsprings
- Level 2 stunts skills
  - Extension
  - ½ up
  - Extension Cradle

## Stunt Classes & Jumps

### Level 1 (30 Min)

- Preps, cradles, stomach level libs. Variety of body positions

### Level 2 (30 Min)

- Switching skills, ½ twists up. Variety of body positions

### Co-ed (30 Min)

- Variety of Co-ed stunts depending on ability

## Tumbling Classes

Level 1 – Cartwheel, Round Off, Front/Back Walkover, Back hand spring

Level 2 – BHS, T-Jump BHS, Round-Off BHS.

Cheer Tumble- Round off BHS

## Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am		<i>Stunts &amp; Jumps</i>	<i>Cheer-io</i>		
10:30 am	Stunts & Jumps	<i>Cheer-io</i>	<i>Cheer-io</i>	<i>Cheer-io</i>	
11:30 am					
4:00 pm			<i>Level 1/2 Cheer Cheer-io</i>		
5:00 pm					
6:30 pm	COED & Jumps				
8:00 pm			Cheer Tumble		