



KGDC's Recreational Cheerleading Programs

These classes specialize in tumbling and cheerleading skills needed through all levels of cheerleading. There is a class for any skill level from those learning for the first time to those mastering advanced skills. These classes focus on learning the proper techniques through safe and repeatable drills to prepare your child for cheerleading or to help take their skills to the next level.

Class	Requirements to Enroll	Focus Skills for Class
Tumbling 1 50 min. Student/Teacher Ratio 8:1 Fee: \$131.00	<ul style="list-style-type: none"> • Ages 9+ (Requirement for all cheerleading tumbling classes) 	<ul style="list-style-type: none"> • Forward roll • Backwards roll • Cartwheel and round off • Back walk over • Handstand
Tumbling 2 50 min. Student/Teacher Ratio 8:1 Fee: \$131.00	<ul style="list-style-type: none"> • Hold a handstand for 3 seconds • Ability to do a round off 	<ul style="list-style-type: none"> • Dive forward rolls • Standing back hand spring • Standing back hand spring series • Round off to back hand spring
Tumbling 3 50 min. Student/Teacher Ratio 8:1 Fee: \$131.00	<ul style="list-style-type: none"> • Series of at least two standing back hand springs • Round off to back hand spring 	<ul style="list-style-type: none"> • Back hand spring series to back flip • Standing back flip • Punch Front Flip
Tumbling 4 50 min. Student/Teacher Ratio 10:1 Fee: \$131.00	<ul style="list-style-type: none"> • Round off back hand spring to back flip • Round off back hand spring series 	<ul style="list-style-type: none"> • Back hand spring series to lay out • Standing back flip
Tumbling 5 50 min. Student/Teacher Ratio 10:1 Fee: \$131.00	<ul style="list-style-type: none"> • Standing back flip • Round off back hand spring to lay out • Approval from Aaron Kabler or James Sampel 	<ul style="list-style-type: none"> • Back hand spring series to full twisting lay out • Standing twisting full back flip
Youth Cheer 50 min. Student/Teacher Ratio 8:1 Fee: \$131.00	<ul style="list-style-type: none"> • Ages 4-8 	<ul style="list-style-type: none"> • Age appropriate , motions, jumps, tumbling and the basics of stunting
Jumps and Motions 30 min. Student/Teacher Ratio 10:1 Fee: \$74.00	<ul style="list-style-type: none"> • Ages 9+ 	<ul style="list-style-type: none"> • Work on jumps and motion basic • Cheerleading body position

2010 Cycle 1 Schedule

August 9th – October 10th

	Monday	Tuesday	Wednesday	Thursday
Tumbling 1	5:00 PM			5:00 PM
Tumbling 2	6:00 PM	5:00 PM, 6:00 PM	5:00 PM	6:00 PM
Tumbling 3	7:00 PM	7:00 PM	6:00 PM	7:00 PM
Tumbling 4		8:00 PM		
Tumbling 5	Taking Interest – Please put name on list			
Youth Cheer		6:30 PM		
Jumps and Motion		5:30 PM	6:30 PM	