



TUMBLING & DANCE CLASSES

WINTER/SPRING 2024

Cheer Athletics—Telford

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THE BEST OF THE BEST

Cheer Athletics is renowned for being the most successful athletic organization of its kind. Be a part of the Cheer Athletics tradition and join our supportive community of cheerleaders and families. It's a safe place for athletes to persevere, feel empowered, and challenge their limits. **YOU BELONG HERE.**

OVERVIEW

Athletes should arrive five minutes early to class and in the proper attire with their own water or drink of choice. The entrance to the gym is located on the backside of the building.

Athletes under 18 years old will not be permitted to leave the gym without a parent or legal guardian present. Please ensure you have plans for your athlete to be picked up promptly. We do not have a viewing area and operate a closed gym due to our safeguarding policies. However, we welcome parents in regularly to watch what athletes have been working during certain classes.

Classes are booked and paid for monthly through our athlete portal, iClassPro. Please set up an account before registering for a class.

Class Attire:

- Bottoms: joggers, leggings, shorts
- Tops: tees, vests, jumper
- Footwear (cheer): indoor cheer trainers
- Footwear (dance): jazz shoes or socks
- Hair must be tied up



CHEER4FUN

CHEER4FUN welcomes all ages and offers beginners the chance to learn the basics of stunting, jumping, and tumbling – all while having a blast! This class promotes confidence, teamwork, and enhances strength and coordination.

Wednesday 16:40–17:30 | Ages 8+

Thursday 16:20–17:10 | Ages 5–7

Saturday 11:35– 12:25 | Ages 5–7

DANCE4FUN

DANCE4FUN welcomes all ages and offers beginners the chance to learn a variety of dance styles such as jazz, lyrical, contemporary, hip hop, and pom, and a range of different combinations.

Saturday 10:35–11:25 | Ages 6+



REGISTER AT [CHEERATHLETICS.COM/TELFORD](https://cheerathletics.com/telford)



TUMBLING

Tumbling classes are split depending on ability. Please contact the front desk at telford@cheerathletics.com if you are unsure which class to book.

LEVEL 1

For beginners looking to improve fundamentals such as cartwheels, round offs, and back walkovers

Tuesday 16:20–17:10 | Ages 6+

LEVEL 2

For athletes that can perform a back walkover and have prior experience with tumbling or in gymnastics

Tuesday 17:10–18:10 | Ages 6+

LEVEL 3

For athletes that can perform a back handspring step out, front handspring, and round off back handspring

Saturday 9:35–10:35 | Ages 6+

LEVEL 4+

For athletes that can perform a round off back tuck and round off back handspring back tuck

Saturday 10:40–11:40 | Ages 8+

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FLYING

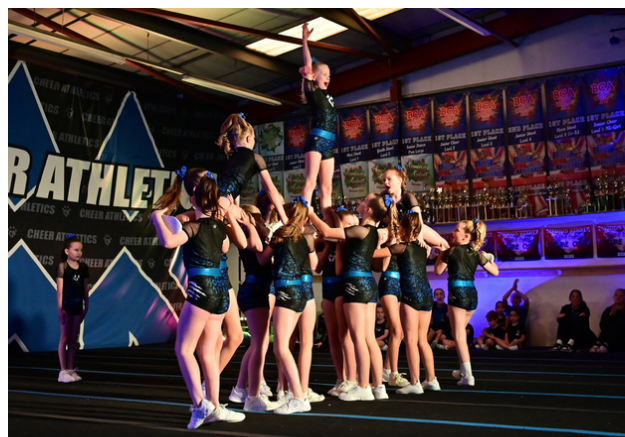
Flying classes are split depending on ability. Please contact the front desk at telford@cheerathletics.com if you are unsure which class to book.

Flyer Class I will strengthen the athletes fundamental abilities and skills within flying. Athletes will attend once a week for 45 minutes learning body control, how to correctly pull stretches and the ability to hold basic flyer positions both on the floor and on a stunt stand. This class will be slower paced and a great introduction to understanding the tools needed to progress on your flyer journey.

Tuesday 17:10-17:55 | Ages 6+

Flyer Class II will strengthen athletes basics and advanced abilities and skills within flying. learning body control, how to correctly pull stretches and the ability to hold basic flyer positions both on the floor and on a stunt stand. This class will also introduce drills that will help progress higher level skills. Invite only.

Saturday 11:45- 12:45 | Ages 6+



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DANCE TECHNIQUE

Dance classes are split depending on ability. Please contact the front desk at telford@cheerathletics.com if you are unsure which class to book.

BEGINNER

For dancers perfecting a single pirouette and basic leaps. This class includes drills across the floor using equipment to develop technique further.

Saturday 9:35–10:35 | Ages 5+

INTERMEDIATE

For dancers able to perform a single pirouette, grande jete, and that demonstrate a good understanding of turn out. This class focuses on improving basics while working towards multiple pirouettes, a la' seconde turns, and specialty leaps. Jazz shoes required.

Wednesday 16:30–17:30 | Ages 6+

ADVANCED

For dancers able to perform triple pirouettes. This class focuses on across the floor work, specialty turns, and specialty leaps. Jazz shoes required.

Friday 19:00–20:00 | Ages 8+

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NEW THIS YEAR!

NINJA WARRIOR CATS



This class was created for athletes to have a fun way to condition and train in ways that will help their performance. Athletes will use a range of different equipment to drill specific areas of the body and build muscle strength and power. This class is fast-paced and open to all abilities.

Saturday 9:00–9:35 | Ages 6+

TIGER TOTS



This class is for beginners and provides children with the opportunity to learn the basics of cheerleading in a fun and supportive environment! Your little one will look forward to sharing activities that are meant to stimulate their imagination and help their development. Tiger Tots is all about strength, coordination, and confidence!

Saturday 9:00–9:35 | Ages ≤ 5

TODDLER & ME



This class will be an interactive experience for both you and your little! Each week, our coaches will have new activities planned using LED lights, sensory trays, nursery rhymes, Makaton, etc., to stimulate your child's development and socialize with fellow caregivers.

COMING SOON

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CLASS TIMETABLE

DAY	TIME	CLASS	AGE
Tuesday	16:20-17:10	Tumbling Level 1	6+
Tuesday	17:10-18:10	Tumbling Level 2	6+
Tuesday	17:10-17:55	Flyer Class I	6+
Wednesday	16:30-17:30	Intermediate Dance	6+
Wednesday	16:40-17:30	CHEER4FUN	8+
Thursday	16:20-17:10	CHEER4FUN	5-7
Friday	19:00-20:00	Advanced Dance	8+
Saturday	9:00-9:35	Tiger Tots	≤ 5
Saturday	9:00-9:35	Ninja Warrior CA's	6+
Saturday	9:35-10:35	Beginner Dance	5+
Saturday	9:35-10:35	Tumbling Level 3	6+
Saturday	10:35-11:25	DANCE4FUN	6+
Saturday	10:40-11:40	Tumbling Level 4+	8+
Saturday	11:35- 12:25	CHEER4FUN	5-7
Saturday	11:45- 12:45	Flyer Class II	6+

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