

## **Eagle Elite Recreational Classes:**

**Cheer Combo Classes:** Our Cheer Combo classes are great for kids wanting to work on a little bit of everything. In these classes they will spend time on tumbling, cheer jumps, motions, and stunts.

### **Preschool Cheer Combo: Ages 3 - 5**

Our Preschool Cheer Combo class is a great class for little ones getting started in cheer. They will work on beginning and foundational tumbling skills, cheer jumps and cheer motions.

### **Mini Cheer Combo: Ages 5 - 9**

Our Mini Cheer Combo class is a great class for kids wanting to work on every part of cheerleading. They will work on beginning and foundational tumbling skills, cheer jumps, cheer motions and even stunts.

**Tumbling Classes:** Our tumbling classes focus on safety, and proper progressions. We believe in teaching quality technique with correct form. All of the coaches at Eagle Elite are USASF and Safety certified to ensure that all athletes learn tumbling skills correctly and safely.

### **Walkovers: No skill requirements**

This class is a great tumbling class for those just getting started in tumbling or anyone still needing to work on the basics. In this class they will work on the fundamental and

foundational skills of tumbling like handstands, cartwheels, roundoffs, bridges, backbends, kickovers, and back and front walkovers.

**Backhandsprings:** *A Strong Back walkover is required*

This Class is for anyone needing to learn, or work on their backhandspring. Kids will work on strengthening fundamental tumbling skills, standing backhandsprings and running backhandsprings as well as combo passes and multiple backhandsprings.

**Tucks:** *A strong standing and running double backhandspring is required.*

This class is for anyone needing to learn or work on strengthening back tucks and other level 3 skills. In this class they will work on the standing back tuck as well as the backhandspring tuck, round off tuck, and roundoff backhandspring tuck. They will also work on punch fronts, aerials, and combo level 3 passes.

**Advanced:** *A Strong Standing and running tuck is required.*

This class is for someone needing to work on more advanced tumbling skills. They will work on skills like: Layouts, whips, twisting skills, advanced combo passes and other level 4, 5 and 6 tumbling skills.

**Flyer Class: No requirements**

This Class is for anyone that is currently a flyer, or wanting to be a flyer. They will work on flyer strength and flexibilities as well as drills for different flyer skills such as cradles, twisting, baskets, ticks, switch ups, and more!

**Dance Classes:**

Our Dance classes are great supplemental training for recreational and competitive dancers. Our staff has years of dance training experience. At Eagle Elite we work with dancers from EVERY dance studio in town, as well as the Bruin Girls from Rock Bridge High School, and Blazer Girls from Tolton Catholic High School.

**Dance Tricks: No Skill Requirements**

This class is specifically designed for dancers. They will work on the foundational skills needed for tumbling, along with tricks like: aerials, kip ups, head springs, front and back walkovers, rubber bands, spider rolls, head stands and more!