

2026-2027 Class Schedule

Classes Run September 1, 2026 Through June 30, 2027.

Month To Month Commitment With Automatic Re-enrollment Each Month Unless Cancellation Occurs Prior To The First Of The Month.

Monday	Class	Skills/Age Requirements
4:00-5:25	Foundations Ages 5-7	Ages 5-7
4:00-5:25	Foundations Ages 8+	Ages 8+
5:30-6:55	Foundations Ages 5-7	Ages 5-7
5:30-6:55	Rising Stars (Level 2)	Bridge Kick Over + 1 Handed Cartwheel
7:00-8:25	Intermediate Tumbling	Running + Standing Handspring
7:00-8:25	Advanced-Elite Tumbling	Running Handspring Tuck
Tuesday		
3:00-4:55	Northern Highlands HS	NHHS Cheerleaders Only
4:00-5:25	Foundations Ages 5-7	Ages 5-7
4:00-5:25	Rising Stars (Level 2)	Bridge Kick Over + 1 Handed Cartwheel
5:30-6:55	Intermediate/Advanced Tumbling (Age 11 and under)	Running + Standing Handspring (Age 11 and under)
5:30-6:55	Foundations Ages 5-7	Ages 5-7
7:00-8:25	Beginner Cheer Tumbling Ages 11+	Ages 11+ (No experience required)
Wednesday		
4:00-5:25	Foundations Ages 5-7	Ages 5-7
4:00-5:25	Rising Stars (Level 2)	Bridge Kick Over + 1 Handed Cartwheel
5:30-6:55	Rising Stars (Level 2)	Bridge Kick Over + 1 Handed Cartwheel
5:30-6:55	Intermediate/Advanced Tumbling (Age 11 and under)	Running + Standing Handspring (Age 11 and under)
7:00-8:25	Beginner Cheer Tumbling Ages 11+	Ages 11+ (No experience required)
8:30-10:00	Ramapo College	Ramapo Collegiate Cheerleaders Only
Thursday		
3:00-4:55	Northern Highlands HS	NHHS Cheerleaders Only
4:00-5:25	Foundations Ages 5-7	Ages 5-7
4:00-5:25	Rising Stars (Level 2)	Bridge Kick Over + 1 Handed Cartwheel
5:30-6:55	Foundations 8+	Ages 8+
5:30-6:55	Foundations Ages 5-7	Ages 5-7
7:00-8:25	Intermediate Tumbling	Running + Standing Handspring
7:00-8:25	Advanced-Elite Tumbling	Running Handspring Tuck