

# CCA Classes

| MONDAY                    | CLASS FOCUS            | MEET TIME       |
|---------------------------|------------------------|-----------------|
| wiggle worms tumbling 101 | BWO/RO/CW              | 400pm-500pm     |
| tumbling 101              | Intro to tumbling      | 500pm-6:00 pm   |
|                           |                        | 730pm-900pm     |
| TUESDAY                   |                        |                 |
| tumbling                  | intro / Beg            | 4:00pm-5:00pm   |
| tumbling & Pre-K Tumbling | intro to bhs           | 4:00pm-5:00pm   |
| tumbling                  | handsprings            | 5:00pm-6:00pm   |
| tumbling                  | handsprings            | 7:00pm-8:00pm   |
| High School cheer Prep    | Jan-May only           | tba             |
|                           |                        |                 |
| WEDNESDAY                 |                        |                 |
| tumbling & Pre-K Tumbling | beg walkovers          | 4:00pm-5:00pm   |
| tumbling 101              | beg BHS                | 4:00pm-5:00pm   |
| tumbling 102.5-103        | adv BHS/intro to Tucks | 5:00pm-6:00pm   |
| Flex Class                |                        | 6:00pm-7:00pm   |
| tumbling walkovers        | beg walkovers          | 7:00pm-8:00pm   |
| tumbling 102              | Beg Backhandsprings    | 8:00pm-9:00pm   |
| THURSDAY                  |                        |                 |
| wiggle worms Tumbling 101 | 5 yrs to 9 yrs         | 4:00pm-5:00pm   |
| tumbling 104              | advTUCKS/TWIST/LAYS    | 4:00pm-5:00pm   |
| Performance Team          | sessions               | 5:00pm-6:00pm   |
| Jealous Jumps             |                        | 5:00pm-6:00pm   |
| tumbling 101              | Backwalkovers          | 5:00pm-6:00pm   |
| tumbling 102              | Handsprings            | 5:00pm-6:00pm   |
|                           |                        |                 |
| tumbling 101.5            | Walkovers              | 7:00pm-8:00pm   |
| FRIDAY                    |                        |                 |
| tumbling 101              | Walkovers & Roundoffs  | 5:00pm-6:00pm   |
| tumbling 102              | Back handsprings       | 6:00pm-7:00pm   |
| SATURDAY                  |                        |                 |
| Tumbling Class            | ALL Things Tucks       | 9:00am -10:00am |
| Tumbling Class            | Backhand Spring        | 10:00am-11:00am |
| Tumbling Class            | Walkovers & Roundoffs  | 11:00am-12:00pm |

**\$25.00 registration and \$90.00 per month for classes**