



CHEER ATHLETICS PLANO SPECIALTY CLASS SCHEDULE
(Effective June 1, 2017)

60 Minute Classes

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
All Star Level 1	4:30 Karlee			5:00 Jade	
All Star Level 2		8:00 Allyson			
All Star Level 3		8:00 Zach C.			
All Star Level 4	7:30 Isiah		8:00 Zach C.		
All Star Level 5					
Elite		7:00 Zach		8:00 Hunter/Caleb	
Extreme				7:00 Joe/Derrick	
Standing Only	7:00 Hunter				
What's Your Specialty?			7:00 Zach		
Jumps (30 Min class)			7:00 Lexi	7:00 Jade	
Flyer Flex & Strength			7:30 Lexi	5:00 Jamie Lu	
Conditioning			4:00 Jamie Lu		
Stunt	6:30 Zach, Lexi, Tal				

PREREQUISITES (must have these skills BEFORE enrolling in the class)

All Star Level 1 - none

All Star Level 2 – back walkover, back walkover series, front walkover, cartwheel back walkover

All Star Level 3– standing back handspring series, round off back handspring series, specialty standing pass, specialty pass, toe touch back handspring.

All Star Level 4 – Round off back handspring tuck, standing series to tuck, punch front, standing series to back tuck, jump series to back tuck

All Star Level 5 – Specialty running pass to layout, specialty standing pass to layout, jump combination to back tuck.

Elite 1 – Standing two to a full & round off back handspring full

Extreme – Round off back handspring double full

Open Gym

Friday 7:00-9:00 pm

Instructors subject to change

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