

CLASS DESCRIPTIONS



Cheer Haven offers a variety of recreational and specialty classes for athletes not involved in our All Star or Prep programs. Please refer to the chart below for information on our classes and descriptions of the recommended age and tumbling levels. Please contact us if you have questions or need assistance selecting a class.



TUMBLE 101

This class focuses on strengthening various basic tumbling skills.

Walkovers, handstands, cartwheels and round-offs are introduced and broken down into progression. The athlete will also be working drills and exercises that provide a foundation for back handsprings and front handsprings.

FLEX FLIP & JUMP

This class is for anyone who wants to work on his or her overall flexibility for jumps, tumbling, and stunts. Staff will instruct students on proper arm placements in their jumps as well as core body strength to lift and rotate their legs. Strength and conditioning will be provided.

PRIVATE TUMBLE LESSON

Many of Haven's coaches offer private lessons on a weekly basis. One on one private lessons are a great way to help an athlete advance skills on a quicker level than attending classes.

Please email us: cheerhavenallstars@gmail.com for a list of eligible coaches and their contact information.

30-Minute Private - \$35/Athlete
30-Minute Semi-Private-\$25/Athlete

10 & UP TUMBLE

This class is for athletes ages 10 & older with a desire to learn fundamentals of cheer, focusing primarily on the key tumbling skills including round offs, back/front walkovers, back handsprings, and series tumbling. This class also teaches skills including jumps and motions. No experience required; individualized to meet every participants ability and goals.

TINY & MINI TUMBLE

Tiny (Ages 4-7) class will focus on basic tumbling skills, which are the building blocks for future classes.

Forward rolls, Handstands and Cartwheels are some of the skills included. Mini (Ages 5-9) class will focus on more fundamental tumbling skills and set an excellent platform for future tumbling. Front and Back walkovers, round-offs, etc.