

SUMMER CLASSES SESSION 1 & SESSION 2

S1 - 4 WEEKS June 8th - July 3rd

S2 - 5 WEEKS July 20th - August 28th

gym closed 8/15-8/22 no classes*

UMAS SUMMER 1 & 2	MONDAY	TUESDAY	WEDNESDAY		THURSDAY
5:00p	TOPS FLEX & CORE	TOP GIRL FLEX & CORE	LEVEL 1 TUMBLE CLASS		JUMPS & STRENGTH
5:30p					
6:00p					
6:30p	MASTER BHS CLASS	BEGINNER BHS CLASS			
7:00p			TUCKS CLASS	TOPS FLEX & CORE	TOPS FLEX & CORE
7:30p	JUMPS & STRENGTH		LAYOUTS & FULLS Coach Jose		
8:00p					
8:30p					
9:00p					

SUMMER SESSION 1 & 2 CLASS DESCRIPTION - UMAS

SPECIALTY CLASSES:	BASIC CLASSES:	HIGH LEVEL CLASSES:
TOPS FLEX & CORE: FOCUS ON FLEXIBILITY & CORE STRENGTH. TOP GIRLS SHOULD BE ABLE TO EXECUTE BODY POSITIONS ON THE GROUND WITH STRONG STABILITY.	LEVEL 1: A PERFECT CLASS TO LEARN AND PERFECT ALL THE LEVEL 1 TUMBLING. BWO, FWO, HANDSTAND ROLL, CONNECTED SKILL & MORE. THIS CLASS CAN BE FOR THE NEW LEVEL 1 ATHLETES AND ALSO FOR THE ADVANCE LEVEL 1 ATHLETES.	MASTER BHS: I CAN THROW MY BHS AND NOW I NEED TO CLEAN IT UP OR I AM CLOSE AND NEED TO GET THIS SKILL ON THE FLOOR! MUST HAVE BHS WITH NO SPOT ON WEDGE, AIR TRACK OR FLOOR.
JUMPS & STRENGTH: FOCUS ON TECHNIQUE OF JUMPS. ATHLETES NEED STRENGTH & FLEXIBILITY TO PERFORM EXCELLENT JUMPS!	BEGINNER BHS: WE ARE READY TO START LEVEL 2 SKILLS. WORK ALL THE DRILLS TO BEGIN TRAINING THE BHS! MUST HAVE DOUBLE BWO.	TUCK: THIS CLASS IS GEARED TOWARD LEARNING THE TUCK AND ALSO FOR PERFECTING THE TUCK. MUST HAVE PERFECTED STRONG RO & STANDING BHS SERIES TO A STRONG REBOUND.
YOUTH ELITES/JUNIOR ELITES ARE INVITE ONLY UMAS STAFF WILL SELECT A HANDFUL OF ATHLETES WHO DEMONSTRATE HARD WORK & DETERMINATION TO COME TRAIN TOGETHER. THESE ATHLETES ARE GOAL ORIENTED & FOCUSED. LIMITED SPOTS!		LAYOUTS & FULLS: ALL ABOUT THE TECHNIQUE, PERFECTING THE LAYOUT CREATES A SEAMLESS TRANSITION INTO SPINNING SKILLS. ALREADY SPINNING? WE WILL FOCUS ON FORM TO ENSURE THE NEXT GOAL IS SOLID DOUBLES! GEARED TOWARDS OUR HIGH LEVEL 3 TUMBLERS & UP. MUST BE APPROVED TO ENTER!

TRAIN IN HOUSE #143