

Limelight Allstars

Summer Class Schedule

June 5 - 29				
Monday	Tuesday	Wednesday	Thursday	Saturday
Summer Performance Team Age 5-8 530pm-7pm	Summer Performance Team Age 9-13 530pm-7pm	Walkovers, Limbers and Handstands 530-7pm	Open Academy Training 530pm-7pm	Rec Cheer and Tumble Clinic Age 5-13 June 10 11am-1pm
Level 3+ Tumbling 7pm-830pm	Level 1 Tumbling 7pm-830pm	Jumps and Flexibility 7pm-830pm	Level 2 Tumbling 7pm-830pm	Standing Tumbling Clinic All Levels June 10 1:30pm-3:30pm
July 3-27				
Monday	Tuesday	Wednesday	Thursday	Saturday
Summer Performance Team Age 5-8 530pm-7pm	Summer Performance Team Age 9-13 530pm-7pm	Power Tumbling Levels 2+ 530-7pm	Open Academy Training 530pm-7pm	Rec Cheer and Tumble Clinic Age 5-13 July 22 11am-1pm
Level 2 Tumbling 6pm-730pm	Level 3+ Tumbling 6pm-730pm	Level 1 Tumbling 6pm-730pm	Standing Tucks and Standing Series to Tucks 7pm-830pm	Running Tumbling Clinic All Levels July 22 1:30pm-3:30pm
Level 3+ Tumbling 7pm-830pm	Level 1 Tumbling 7pm-830pm	Jumps and Flexibility 7pm-830pm	Open Gym 7pm-830pm	
Level 2 Stunts 730pm-9pm	Level 3+ Stunts 730pm-9pm	Level 1 Stunts 730pm-9pm		
July 31-August 17				
Monday	Tuesday	Wednesday	Thursday	Saturday
Summer Performance Team Age 5-8 530pm-7pm	Summer Performance Team Age 9-13 530pm-7pm	Power Tumbling Levels 2+ 530-7pm	Open Academy Training 530pm-7pm	Rec Cheer and Tumble Clinic Age 5-13 August 12 11am-1pm
Front and Back Handsprings 6pm-730pm	Strength Standing Tumbling Levels 2+ 6pm-730pm	Front and Back Walkovers 6pm-730pm	Standing Tucks and Standing Series to Tucks 7pm-830pm	Stunt Clinic All Levels August 12 130pm-330pm
Front and Back Tucks 7pm-830pm	Open Gym	Jumps and Flexibility 7pm-830pm	Layouts and Beyond 7pm-830pm	
Level 2 Stunts 730pm-9pm	Level 3+ Stunts 730pm-9pm	Level 1 Stunts 730pm-9pm		

Single Class	Monthly Unlimited Pass	3 Month Unlimited Pass	Saturday Clinics
30	150	400	40



* 3 month pass includes all clinics and classes from June-August

Classes

Summer Performance Team - Novice program that will train over the summer and perform a routine.

Level 1 Tumbling - Fundamentals of tumbling including cartwheels, roundoffs, bridges, kickovers

Level 2 Tumbling - Working on Limbers, Back and front Handsprings

Level 3 Tumbling - Working on Series BHS and Tucks

Walkover, Limbers and Handstands - Level 1 with a focus on these skills

Jumps and Flexibility - open to all levels

Power Tumbling - Working on speed and strength during your skills

Stunts - Bases and Flyers are recommended to attend these fun classes

Tucks class - Level 3-4 class with focus on tucks

Front/Back Handsprings - Level 2 Class with a focus on handsprings

Front/Back Tucks - Level 3+ class with focus on tucking

Front/Back Walkovers - Level 1 class with focus on walkovers

Layouts and Beyond - Level 4-5 tumbling

Strength Standing Tumbling - conditioning and power drills for stronger tumbling

Open Gyms

Open Gym - Any Limelight Member is able to attend open gym for FREE.

Open Academy Training - Elite athlete members of the academy are able to attend for FREE

Clinics/Workshops

Rec Cheer and Tumble - Beginner workshops to learn all the fundamentals.

Tumbling Clinics - Open to levels 1-4

Stunt Clinics - Open to levels 1-4, bases and flyers.

If you are unsure of your level, please feel free to ask for an assessment.

If you would like to be certified Elite, please contact us for information.