



Schedule of Classes

Trinity All Star Classes

	Monday	Tuesday	Wednesday	Thursday	Saturday
Mommy and Me		10-10:30	5:30-6:00		
Tiny Cheer/Gymnastics	6:30-7:15	11-11:45 3:30-4:15	11-11:45 4:30-5:15	3:30-4:15	9:00-9:45
Mini Cheer	3:30-4:25	5:30-6:25		4:30-5:25	10:00-10:55
Cheer Tumble 1	4:30-5:25	4:30-5:25 6:30-7:25	5:30-6:30 7:30-8:25	5:30-6:25 6:30-7:25	10:00-10:55
Cheer Tumble 2	5:30-6:25	4:00-4:55	6:30-7:25	6:30-7:25	
Cheer Tumble 3		6:00-6:55	7:30-8:25		
Cheer Tumble 4	7:30-8:25			8:00-8:55	
Strength and Flexibility	7:00-7:55				
Gymnastics 1	4:30-5:25	6:30-7:25	4:30-5:25	7:00-7:55	11:00-11:55
Gymnastics 2	6:00-6:55			7:00-7:55	
Gymnastics 3	7:00-8:25				
Back Handspring Class			6:30-7:25		
Flyers Class				7:30-8:30	
Basket Class				8:30-9:00	
Tryout Boot Camp				7:30-8:45	
Sapphires All Star Lv. 1	4:30-5:25 Tumble	4:30-6:30		5:30-7:30	
Emeralds All Star Lv. 2	5:30-7:30	5:00-5:55		5:30-7:30	
Precious Gems All Star Snow Team				4:15-5:25	
All Star Prep			4:30-6:30		
Open Gym		7:30-8:30		7:30-8:30	
School Courses			Harpool Middle 8:30-9:25		

Mommy and Me (Age 18mo-3): A fun class of basic tumble and gymnastics skills as well as body awareness and control. *\$45/30 minutes*

Tiny Cheer/Gymnastics (Age 3-5): A fun class for our youngest athletes. Basic tumbling: forward rolls, backward rolls, handstands, bridges, and cartwheels. Cheer motions, proper jump technique, and flexibility *\$55/45 minutes*

Mini Cheer (Age 5-7): A fun class for our young athletes and/or athletes new to cheer. Basic tumbling: forward rolls, backward rolls, handstands, bridges and bridge kick overs, cartwheels, and round-offs. Cheer motions, proper jump technique, flexibility and body control *\$65/55 minutes*

Cheer Tumble 1: Basics (Age 7 and up): A great class for those younger athletes progressing from Tiny and Mini, but not quite ready for Cheer Tumble 2, or for older athletes that are new to cheer. Basic tumbling: Forward rolls, backward rolls, handstands, front limbers, bridge kick overs, back walk overs, cartwheels, and round-offs. The back handspring will be introduced. Cheer motions, proper jump technique, flexibility, and body control. *\$65/55 minutes*

Cheer Tumble 2: Handsprings (All Ages): Athlete must have a back walkover, strong round-off, and standing back handspring with light spot. Focus on perfection of basic tumbling and back handspring. Back handspring will be worked, both running and standing, then multiples. Front tumbling: front walk over, front handspring, front handspring step out. *\$65/55 minutes*

Cheer Tumble 3: Flips (All Ages): Athlete must have a strong back handspring series standing and running and front walk over/front handspring. Focus on the perfection of the back tuck, standing and running. Round off back tuck, round off back handspring back tuck, and front tumbling skills into a back tuck will be taught as well as the punch front tuck and front handspring front tuck. *\$65/55 minutes*

Cheer Tumble 4: Twists (All Ages): Athlete must have a standing series to back tuck and round off series to back tuck, and some type of front tumbling into a back tuck. Focus on mastery of the layout, round-off series to layout, and front tumbling to layout. Front and back twisting tumbling will be taught. Cheer motions, proper jump technique, flexibility and body control. *\$65/55 minutes*

Strength and Flexibility (All Ages): This class is for all team fliers and is a great class for any athlete who would like to improve their flexibility, balance, and core strength. *\$40/\$20 for All Star Team members/55 minutes*

Back Handspring Class (Ages 5 and up): Athlete must be enrolled in Mini Tumble, Cheer Tumble 1 or 2, Gymnastics 1 or 2. This class will work drills to develop all the strength, flexibility, and body control required for back handsprings. Class will be centered around mastering the standing back handspring and multiple back handsprings. *\$35/\$25 for All Star Team members/45 minutes*

We offer a 10% sibling discount. Multiple class discount and military discounts are also available. Please call the front desk for more information. Class prices are monthly, and each class meets once a week as shown on the schedule.

Trinity All Star Classes

Gymnastics 1 (*Ages 6 and up*): A great class for athletes new to gymnastics. Class will focus on basic floor tumbling, vault, bars, beam, strength, flexibility, and body control. *\$65/55 minutes*

Gymnastics 2 (*All Ages*): Athlete must have a handstand, cartwheel, round-off, back bend kick over, back hip circle, chin-up pullover, spotted handstand on beam, tuck jump, and basic vault skill. Floor skills will focus on back handspring, back and front walk overs, front handsprings, intermediate turns, leaps, and jumps. Building on vault, bars, and beam skills will continue. *\$65/55 minutes*

Gymnastics 3 (*All Ages*): Athlete must have back handspring, front walkover, chin-up pullover, back hip circle, shoot through, handstand on beam, cartwheel dismount, intermediate vault skills. Advanced skills will be work on vault, bars, beam, and floor. This class is geared toward USAG competition skills and routines. *\$80/85 minutes*

Flyers Class (*Ages 6 and up*): Learn to be a flyer with our experienced collegiate alumni. Beginner to advanced skills trained and perfected. Technique, drills, body positions, dismount cradles, creative load in, and much, much more. *\$75/55 minutes*

Basket Class (*Ages 6 and up*): Perfect basic to advanced basket toss skills. *\$50/30 minutes*

Flyers and Baskets Combo: Enroll in both Flyers Class and Basket Class and receive a \$25 discount on tuition. *\$100/85 minutes*



207 James St. Roanoke

(817) 567-3695 ~ (817) 291-6918

trinityallstars.cheer@gmail.com

www.trinityallstarsgym.com

Extra Fun at Trinity All Stars

BIRTHDAY PARTIES!

Have your birthday party at Trinity All Stars! Any age group is welcome. We handle all the work while you have all the FUN! Contact the front desk for packages and pricing details.

FRIDAY NIGHT OUT!

Parents can enjoy a date night while the kids have fun with games, open gym, and pizza! Friday night doesn't get much better—bring your friends, too! \$25

OPEN GYM!

Come and work on any tumbling, jumps, or stunts. Coaches will supervise but you have the freedom to choose what you work on. Friends are welcome at open gym, too! \$5 members/\$8 non-members

Trinity All Stars exists to develop each child into a leader as well as an athlete by coaching in an encouraging and positive environment. We hold our staff & athletes to high standards of sportsmanship and integrity.

As a faith and family oriented program, we are very proud of the life lessons learned along with the sports of gymnastics & cheerleading. As we begin our journey this season, we hope our program will be recognized by the character, hard work, and love of our athletes & parents.

Come let your light shine with us!