

# 2026/2027 CHEER & TUMBLING CLASSES

ESOD's cheer and tumbling classes build on core skills to develop strength, control, flexibility, and confidence while learning new techniques. Students must meet the age requirement by August 1, 2026. Classes begin Tuesday, August 18th!

## 3 - 5 YRS

### Tumbling

Mondays 6:00 - 6:45  
Tuesdays 10:00am - 10:45

### Tiny Starz Cheer

Tuesdays 9:15am - 10:00  
Wednesdays 5:15 - 6:00

## 4 - 5 YRS

### Shimmer Starz Cheer

Wednesdays 4:30 - 5:15

## 6 - 8 YRS

### Tumbling

Mondays 5:15 - 6:00  
Thursdays 4:15 - 5:00  
Saturdays 9:45am - 10:30

### Mini Flips & Tricks

Mondays 4:30 - 5:15

### Little Dippers Cheer

Wednesdays 6:00 - 6:45

## 7 +

### CheerNastics

Tuesdays 6:30 - 7:30

## 9 +

### Flips & Tricks

Mondays 5:15 - 6:15

### Stretch, Strength & Flexibility

Tuesdays 4:45 - 5:30

### Big Dippers Cheer

Wednesdays 6:45 - 7:45

## LEVEL

### Tumbling L1

Thursdays 5:00 - 6:00

### Tumbling L2

Tuesdays 5:30 - 6:30

### Tumbling L3

Mondays 6:45 - 7:45

### Tumbling L4

Mondays 4:15 - 5:15

## PERFORMANCE TEAMS

### Twilights Cheer Ages 6+

Discover your love of cheer at ESOD!  
Performance Teams perform at community events 2 - 4 times throughout the season.  
All Performance Teams have a one time \$20 performance fee due at registration.  
No invitation required!

Thursdays 6:00 - 7:00

## COMPETITION TEAMS

Students must be invited.

### Comets

Thursdays 7:00 - 8:00  
Saturdays 10:30am - 11:30

## Tuition

Tuition is due on the 15th of the month prior. Tuition that is paid after the 15th will result in a \$25 late fee.

### Registration Fee: (non-refundable)

New Student: \$55  
Returning Student: \$35  
Siblings: \$15

### Tuition:

Level - \$104  
60 minutes - \$94  
45 minutes - \$84  
30 minutes - \$72



## Classes Cheer & Tumbling

### **Tiny Starz Cheer & Shimmer Starz Cheer: 45 minute class/\$84 per month**

This class introduces students to basic level cheerleading. Cheers, chants and dances will be learned that are fun, simplistic and age appropriate for toddlers and young athletes. Students will work on basic tumbling such as bridges, forward rolls and cartwheel prep.

### **Little Dippers Cheer: 45 minute class/\$84 per month**

This class introduces elementary-aged students to the exciting fundamentals of cheerleading in a fun and encouraging environment. Athletes will learn age-appropriate cheers, chants, motions, jumps, dances, and beginner stunt and tumbling concepts while building coordination, confidence, teamwork, and performance skills. Class activities are designed to challenge young athletes at an introductory level while keeping instruction engaging, energetic, and developmentally appropriate.

### **Big Dippers Cheer: 1 hour class/\$94 per month**

This class is designed for athletes ages 9+ who want to build strong cheerleading fundamentals in a fun, high-energy environment. Students will work on stretching, jumps, motions, beginner tumbling, basic stunts, cheers, chants, and dance while improving strength, coordination, confidence, and teamwork.

### **CheerNastics: 1 hour class/\$94 per month**

CheerNastics combines the fundamentals of cheerleading and tumbling into one high-energy class designed to build strength, coordination, confidence, and performance skills. Students will learn motions, jumps, basic stunts, flexibility, and tumbling techniques while improving balance, body control, and teamwork. Classes are tailored by age and skill level, allowing beginners to build a strong foundation while more advanced athletes continue progressing their cheer and tumbling abilities in a fun, encouraging environment. CheerNastics is a non-recital class.

### **Stretch, Strength & Flexibility: 45 minute class/\$84 per month**

This class is designed for students ages 9+ who want to improve their overall strength, flexibility, and body control. Athletes will focus on stretching techniques, conditioning exercises, balance, and core strength to increase flexibility, prevent injury, and support progress in cheer, dance, tumbling, and acro skills. Classes are structured to safely challenge students while building confidence, endurance, and athletic performance.

### **Tumbling & Acro: \$84-\$104 per month (depending on class length)**

Our tumbling and acro program offers classes for students ages 3 through advanced levels, beginning with foundational movement and progressing to high-level tumbling and acrobatic skills. In each class, students will focus on strength, flexibility, and proper technique through guided stretching, conditioning, and safe tumbling instruction. Beginners will learn basic to intermediate skills across the floor and center, while more experienced students will advance through skills such as back walkovers, front walkovers, round offs, aerials, and back handsprings. As students master intermediate techniques, they will continue progressing into more advanced tumbling and acro combinations. Placement in advanced levels is instructor-approved.



**Register & view class days/times online!**  
[www.encoreschoolofdance.com](http://www.encoreschoolofdance.com)

