



# Class Progressions and Descriptions

## Level 1

Forward Roll  
Backward Roll  
Bridge  
Handstand  
Cartwheel  
Cartwheel Step-In  
Round Off  
Kickover Off Panel Mat  
Back Bend  
Handstand Fall to Bridge  
**Opposite Cartwheel**  
**Kickover**  
**Front Limber**  
**Handstand Hop**  
**Front Walkover**  
**Back Walkover**  
**Series Back Walkovers**  
**Combination Passes**

## Level 2

Strong Round Off Rebound  
Back Handspring  
Round off Back Handspring  
Back Walkover Back Handspring  
Cartwheel Handspring  
FWO round off Back handspring  
**Back Handspring Stepout**  
**Round Off Series Back Handsprings**  
**Advanced Combinations**  
**Ro BHS High Rebound**  
**Level 3 Basics on Tumble Track**

## Jumps

Works on the Flexibility, Motions and Techniques to Build Better Jumps

## Level 3

Standing Series Back Handsprings  
Jumps to Back Handspring  
Ro BHS Tuck  
Front Tuck  
**Combinations to Tuck**  
**Standing Handsprings to High Rebound**  
**Level 4 basics on the Tumble Track**

## Corner Passes

Work on your longer tumbling passes from the corners on the big floor. Warm up and then head to the corners for Fast Paced Corner Tumbling  
(Great for Athletes with Beginner. Level 2 - Level 5 skills)

## Level 4/5

Ro BHS Layout  
Standing Handspring(s) to Tuck/Layout  
Standing Tuck  
Cartwheel Tuck  
**Punch Front Step Out**  
**Whips**  
**Jumps to Tuck**  
**Fulls**  
**Standing Fulls**  
**Doubles**  
**Twisting Combinations**

## Flight School

Gain the Flexibility and Body Awareness that it takes to be a Great Flyer

## Skill Focused Classes

Focuses on specific key milestone skills

## Which Classes Should I Take?

### Prices:

**1 Class per Week** - \$55 per month - **\$40 for Allstars**  
**2 Classes per Week** - \$85 per month - **\$55 for Allstars**  
**Unlimited Classes** - \$110 per month - **\$70 for Allstars**  
**Family Unlimited** - \$185 per month - **\$110 for Allstars**

**\$10 off with Easy Pay**

**Privates are \$25 per 30 mins**

Please Check [www.CGAcheer.com](http://www.CGAcheer.com) for information on any closures, schedule updates, or additional classes and clinics.

The skills that we work towards in each of the Level 1-5 classes are listed above with the Advanced Level Skills in **BOLD**.

Generally, you should have the vast majority of the skills of the previous classes before moving on to the next level

Mix and Match the Level Classes, Skill Classes, XCEL, Jumps and Flight School to meet your Cheerleading and Tumbling Goals

Get the Best Results by taking 2 or more classes per week.

If you have any questions please call 912 230 9130  
or email [CGAcheer@gmail.com](mailto:CGAcheer@gmail.com)