



ICE MI Classes

Tumbling/Jump/Flex classes are \$75 a month, Flight Classes are \$80 a month.

*One make-up class is allowed per month for any missed classes.

Register online at icemichigan.com or by emailing info@icemichigan.com

Day	Time	Class	Instructor
Monday	5:00 - 6:00 p.m.	Beginner Level 4 Tumbling	Gail
Monday	5:00 - 6:00 p.m.	Tumbling for Dancers	Morgan
Monday	7:00 - 8:00 p.m.	Beginner Level 2 Tumbling	Chelsea
Tuesday	5:00 - 6:00 p.m.	Beginner Level 5/6 Tumbling	Tayvon
Tuesday	5:00 - 6:00 p.m.	Strength & Conditioning	Eboni
Tuesday	5:00 - 6:00 p.m.	Beginner Level 2 Tumbling	Gail
Tuesday	5:00 - 6:00 p.m.	Flyer Flex	Sarah
Tuesday	6:00 - 7:00 p.m.	Beginner Level 1 Tumbling	Sarah
Tuesday	7:00 - 8:00 p.m.	Hyper-Extended Jumps	Emily
Tuesday	7:00 - 8:00 p.m.	Beginner Level 1 Tumbling	Emily Z
Tuesday	7:30 - 8:30 p.m.	Electricity Tumbling	Dennie & Gail
Tuesday	8:00 - 9:00 p.m.	Stunt Group Class	Destiny
Tuesday	8:00 - 9:00 p.m.	Flight Class Level 3-6	Aaliyah, Dennie, Emily Z, Mackenzie
Wednesday	5:00 - 6:00 p.m.	Hyper-Extended Jumps	Dennie
Wednesday	5:00 - 6:00 p.m.	Beginner Level 5-6 Tumbling	Gail *Beth Beginning 9/15
Wednesday	5:00 - 6:00 p.m.	Flight Class Levels 4-6	Morgan, Emily Z, Paulina, Mahlannie
Wednesday	6:00 - 7:00 p.m.	Novice Tumbling *Ages 3-5*	Dennie *Class Begins 9/15
Wednesday	6:00 - 7:00 p.m.	Beginner Level 2 Tumbling	Dennie *Beth Beginning 9/15
Wednesday	6:00 - 7:00 p.m.	Flight Class Levels 2-3	Emily Z, Paulina, Mahlannie, Ella
Wednesday	7:00 - 8:00 p.m.	Beginner Level 1 Tumbling	Dennie
Wednesday	7:00 - 8:00 p.m.	Flight Class Levels 2-3	Emily Z, Paulina, Mahlannie, Ella
Wednesday	7:00 - 8:00 p.m.	Beginner Level 3 Tumbling	Chelsea *Beth Beginning 9/15
Thursday	5:00 - 6:00 p.m.	Beginner Level 3 Tumbling	Tayvon
Thursday	5:00 - 6:00 p.m.	Hyper-Extended Jumps	Gail
Thursday	6:00 - 7:00 p.m.	Beginner Level 1 Tumbling	Sarah
Thursday	7:00 - 8:00 p.m.	Beginner Level 2 Tumbling	Emily M
Thursday	7:00 - 8:00 p.m.	Flyer Flex	Sarah
Thursday	8:00 - 9:00 p.m.	Flight Class Levels 2-3	Dennie, Morgan, Mackenzie, Morgan



Class Descriptions

Novice Tumbling- This class will focus on the basic shapes drills and skills for beginner tumblers. The athletes will work on body awareness while training and strengthening muscle memory. Training skills for this class will be: tumbling shapes, bridge, bridge kick over, handstand, handstand bridge, handstand forward roll, backbend, forward roll, backward roll, handstand block, cartwheel, roundoff rebound.

CLASS REQUIREMENTS: NONE-There are no previous tumbling skills required to take this class

BEGINNER Level 1 Tumbling- This class will focus on the drills and technique for learning back walkovers, front walkovers, and specialty combination passes. This class is for athletes who are just beginning to learn their back/front walkovers and for athletes who need to perfect their walkovers in both running and standing tumbling.

CLASS REQUIREMENTS: Athletes must have mastered all Novice Tumbling skills/drills

BEGINNER Level 2 Tumbling- This class will focus on the drills and technique for learning roundoff BHS, standing BHS, front HS, and specialty BHS combination skills. This class is for athletes who are just beginning to learn BHS and for athletes who need to perfect their BHS in both running and standing tumbling.

***CLASS REQUIREMENTS: Athletes must have mastered all basic Level 1 tumbling skills/drills.**

BEGINNER Level 3 Tumbling- This class will focus on drills and technique for athletes learning roundoff BHS back tucks, aerials, punch fronts, and specialty combination passes. This class is for athletes who are just beginning to learn their running tuck and for athletes who need to perfect their Roundoff BHS Back Tuck.

***CLASS REQUIREMENTS: Athletes must have mastered all tumbling drills/skills up through Level 2 Tumbling.**

BEGINNER Level 4 Tumbling - This class will focus on the drills for athletes beginning their layout, standing back tuck, and specialty combination skills. This class will also focus on athletes who need to perfect their layout and standing tuck.

***CLASS REQUIREMENTS: Athletes must have mastered all tumbling drills/skills from level 1 through level 3 tumbling.**



BEGINNER Level 5/6 Tumbling- This class will focus on drills for athletes beginning to work full twisting layouts (fulls) or doubles and speciality connection passes for both standing and running tumbling for Level 5.

***CLASS REQUIREMENTS:** Athletes must have mastered all tumbling drills/skills from level 1 through level 4 Tumbling.

Flyer Flex Lab- Flyer flexibility training, body positions (heel stretches, scale, scorpion, bow and arrows, needles, and hyperextended body positions).

Recommended for all flyers

Hyper-Extended Jumps- This class will work to increase jump height and flexibility to achieve beautiful technique.

Flight Class- Training towards perfecting stunting skills in the air. Level based on team level.

Stunt Group Class- Bring in your team stunt group to work on the stunts in your routine with a coach!

Strength & Conditioning- Full body workout to gain strength and endurance needed to improve tumbling and stunting skills. Great for all athletes!