



# June ICE MI Classes/Clinics

All classes are \$75 a monthly. Stunt classes are \$80/monthly.

A 30 day drop notice is required for all classes.

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

Register online at [icemichigan.com](http://icemichigan.com) or by emailing [info@icemichigan.com](mailto:info@icemichigan.com)

Day	Time	Class	Instructor
Monday	4:00 - 5:00 p.m.	Level 1 Advanced	Elyse
Monday	5:00 - 6:00 p.m.	Stunt 1/2	Stunt Staff
Monday	6:00 - 7:00 p.m.	Level 3/ 4 Stunt Class	Stunt Staff
Monday	7:00 - 8:00 p.m.	Level 1 Stunt Class	Stunt Staff
Tuesday	5:00 - 6:00 p.m.	Advance Level 4/5 Tumbling	Elyse
Tuesday	5:00 - 6:00 p.m.	Stunt Level 1	Stunt Staff
Tuesday	6:00 - 7:00 p.m.	Stunt Level 4-6	Stunt Staff
Tuesday	7:00 - 8:00 p.m.	Stunt Level 2/3	Stunt Staff ( Tayvon)
Wednesday	4:00 - 5:00 p.m.	Hyper-Extended Jumps/Conditioning	Elyse
Wednesday	5:00 - 6:00 p.m.	Beginner Level 3 Tumbling	Beth
Wednesday	5:00 - 6:00 p.m.	Stunt Level 1	Stunt Staff
Wednesday	6:00 - 7:00 p.m.	Level 4-6 Tumbling	Beth
Wednesday	6:00 - 7:00 p.m.	Stunt Level 2	Staff Stunt
Wednesday	7:00 - 8:00 p.m.	School tumbling	Beth
Wednesday	7:00 - 8:00 p.m.	stunt Level 4/5	Stunt Staff
Thursday	5:00 - 6:00 p.m.	Beginner Level 1 Novice Tumbling *Ages 4-6*	Mia
Thursday	5:00 - 6:00 p.m.	Tumbling for Dancer	Elyse
Thursday	5:00 - 6:00 p.m.	Basket Class	Stunt Staff (Mia)
Thursday	6:00 - 7:00 p.m.	Beginner Level 2 Tumbling	Elyse



Thursday	6:00 - 7:00 p.m.	Beginner Level 1 Tumbling	Mia
Thursday	6:00 - 7:00 p.m.	Level 4-6 Stunt Class	Stunt Staff
Thursday	7:00 - 8:00 p.m.	Stunt 2/3	Stunt Staff (Tayvon)
Thursday	7:00 - 8:00 p.m.	Beginner Level 3 tumbling	Elyse
Thursday	8:00 - 9:00 p.m.	Hyper-Extended Jumps/Conditioning	Elyse



## Summer Camps / Clinics

June 17th \$55	1:00 - 2:30 p.m.	Tumbling Level 2 -6	Saturday
June 19th-June 22th \$160.00	10:00am - 2:00 p.m.	Cheer Camp	Monday - Thursday
June 30th \$35	2:00 - 3:30 p.m.	Level 2	Friday
July 10th - July 13th \$160.00	10:00am - 2:00 p.m.	Cheer Camp	Monday - Thursday
July 10th \$35	2:30 -4:00 p.m.	Level 1	Monday
July 24th \$35	2:30 -4:00 p.m.	Level 2/3	Monday
July 31st \$35	2:30 -4:00 p.m.	Level 4-6	Monday
August 7th \$35	2:30 -4:00 p.m.	Level 1	Monday
August 14th \$35	2:30 - 4:00 p.m.	Level 2/3 Tumbling	Monday
August 21 \$35	2:30 -4:00 p.m.	School Tumbling	Monday



# 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 Flexibility**- Flyer flexibility training, body positions (heel stretches, scale, scorpion, bow and arrows, needles, and hyperextended body positions). *This class is beneficial to all flyers or those interested in flying.*

**Stunt Class**- Bases and Flyers focus on the progression for each stunt level and also get more reps in for their stunt level as a base or flyer. This class is mainly focused on technique of how you stunt.

**\*Required for all team flyers\***

**Hyper-Extended Jumps/Conditioning**- This class will work to increase jump height and flexibility to achieve beautiful technique along with strength and conditioning. Beneficial for all athletes!

**Tumbling for Dancers**- Great for dancers looking to supplement their dance practice! This class will focus on skills such as back walkover, front walkover, ariels, etc.

**School Tumbling**- This class focuses on the skills needed for school cheer. More cater toward standing tumbling skills such as backwalkover, BHS and standing tucks.