



Norfolk Recreational Tumbling Program

Mini Cheetahs

TUMBLING AGES 5 - 7

Pre-requisites: Bridge Kickover, Cartwheel, & Handstand to Bridge

Class Description

Our Mini Cheetahs Tumbling program caters to athletes aged 5 to 7 who have mastered the basics and are eager for new challenges and growth opportunities.

Within our Mini Cheetahs Tumbling class, athletes will expand on their foundational tumbling skills and delve into more advanced techniques and progressions under our instructors' guidance. Emphasizing progression, safety, and enjoyment, participants will advance their tumbling abilities while boosting confidence, strength, and agility.

Key Program Highlights:

- **Skill Progression:** Advance from basic tumbling skills to more complex techniques like back walkovers, front walkovers, round offs, and back extension rolls.
- **Targeted Guidance:** Benefit from encouraging coaching and helpful feedback to perfect form, technique, and tackle obstacles while mastering new skills and sequences.
- **Strength and Conditioning:** Engage in strength-building routines and conditioning exercises to improve overall physical fitness, endurance, and body awareness.

Benefits of Mini Cheetah Tumbling:

- Continued skill advancement and growth
- Increased confidence and self-assurance
- Enhanced strength, flexibility, and coordination
- Improved focus, discipline, and goal-setting.



Swift Cheetahs

TUMBLING AGES 7 - 18

Pre-requisites: NONE

Class Description

Our Swift Cheetahs Tumbling program is for aspiring tumblers to embark on their exciting journey of skill development and tumbling! Our Swift Cheetah Tumbling class is tailored for athletes ages 7 - 18 who are eager to learn the fundamentals of tumbling in a supportive and encouraging environment.

Key Program Highlights:

- **Basic Tumbling Skills:** Children will advance from basic movements like forward rolls to more advanced techniques such as handstands in a structured manner.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming tumbling into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their tumbling skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Swift Cheetah Tumbling:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Master essential tumbling techniques
- Introduction to tumbling basics



Rapid Cheetahs

TUMBLING AGES 7 - 18

Pre-requisites: Bridge Kickover, Cartwheel, & Handstand to Bridge

Class Description

Our Rapid Cheetahs Tumbling program caters to athletes aged 7 to 18 who have mastered the basics and are eager for new challenges and growth opportunities.

Within our Rapid Cheetahs Tumbling class, athletes will expand on their foundational tumbling skills and delve into more advanced techniques and progressions under our instructors' guidance.

Emphasizing progression, safety, and enjoyment, participants will advance their tumbling abilities while boosting confidence, strength, and agility.

Key Program Highlights:

- **Skill Progression:** Advance from basic tumbling skills to more complex techniques like back walkovers, front walkovers, round offs, and back extension rolls.
- **Targeted Guidance:** Benefit from encouraging coaching and helpful feedback to perfect form, technique, and tackle obstacles while mastering new skills and sequences.
- **Strength and Conditioning:** Engage in strength-building routines and conditioning exercises to improve overall physical fitness, endurance, and body awareness.

Benefits of Rapid Cheetah Tumbling:

- Continued skill advancement and growth
- Increased confidence and self-assurance
- Enhanced strength, flexibility, and coordination
- Improved focus, discipline, and goal-setting.





Norfolk Recreational Cheer Program

Rec. 3 - 5 Cheer

Pre-requisites: NONE

Class Description

Our exciting Recreational Cheerleading Class for ages 3-5!

This 60-minute weekly session is packed with fun and energy, running throughout the fall, winter, and spring seasons. Our young cheerleaders will learn the fundamentals of cheer, including basic stunts and introductory tumbling. They'll also work on improving their balance, flexibility, and strength through engaging activities and games. This class is perfect for little ones to make new friends, build confidence, and have a blast while staying active. No experience is necessary.

Key Program Highlights:

- **Skill Progression:** This class specifically works on Novice and Prep Level 1 stunts and tumbling (beginner) using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming cheer into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Learn the importance of teamwork
- Introduction to cheer and tumbling basics



Rec. 6 - 8 Cheer

Pre-requisites: NONE

Class Description

Our exciting Recreational Cheerleading Class for ages 6 - 8!

This 60-minute weekly session is packed with fun and energy, running throughout the fall, winter, and spring seasons. Our young cheerleaders will learn the fundamentals of cheer, including basic stunts and introductory tumbling. They'll also work on improving their balance, flexibility, and strength through engaging activities and games. This class is perfect to make new friends, build confidence, and have a blast while staying active. No experience is necessary.

Key Program Highlights:

- **Skill Progression:** This class specifically works on Novice and Prep Level 1 stunts and tumbling (beginner) using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming cheer into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Learn the importance of teamwork
- Introduction to cheer and tumbling basics



Rec. 9 - 17 Cheer

Pre-requisites: NONE

Class Description

Our exciting Recreational Cheerleading Class for ages 9 - 14!

This 60-minute weekly session is packed with fun and energy, running throughout the fall, winter, and spring seasons. Our cheerleaders will learn the fundamentals of cheer, including basic stunts and introductory tumbling. They'll also work on improving their balance, flexibility, and strength through engaging activities and games. This class is perfect to make new friends, build confidence, and have a blast while staying active. No experience is necessary.

Key Program Highlights:

- **Skill Progression:** This class specifically works on Prep Level 1 & 2 stunts and tumbling (beginner / intermediate) using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming cheer into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Learn the importance of teamwork
- Introduction to cheer and tumbling basics



Adult Cheer (18+)

Pre-requisites: NONE

Class Description

Our exciting Recreational Adult Cheer Class

Ready to relive the glory days or try something new? Our Adult Recreational Cheerleading class is the perfect mix of fitness, fun, and friendship! Whether you were a cheerleader back in the day or just want to experience the excitement for the first time, this class welcomes all levels.

This 60-minute weekly session is packed with energy and runs throughout the fall, winter, and spring seasons. It's the perfect way to meet new people, build confidence, and have a blast while staying active.

No prior experience is necessary—just bring your enthusiasm!

Key Program Highlights:

- **Skill Progression:** This class focuses on Level 1 & 2 stunts (beginner/intermediate) using a combination of mental and physical drills. Levels will increase throughout the program and class development, allowing participants to advance at their own pace.
- **Safety as a Priority:** Our instructors prioritize safety, ensuring a secure environment where adults can confidently explore new skills and movements.
- **Engaging Learning Environment:** Interactive drills, fitness challenges, and group activities keep the sessions exciting and fun, making cheerleading an exhilarating experience.
- **Personalized Approach:** Exercises are tailored to match each participant's capabilities, focusing on proper technique to enhance skills and prevent injury.
- **Encouraging Atmosphere:** Our supportive instructors create a positive and inclusive environment that motivates participants and boosts confidence.
- **Focus on Social Connections:** The class encourages camaraderie and teamwork, offering a welcoming space to connect with others and build lasting friendships.

Benefits of Cheer:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Experience the excitement of cheerleading basics
- Enjoy the camaraderie of a supportive team environment

