

# HCDG Recreational Cheer & Tumble Program

## Cheer, Pom & Stunt Classes

Class	Ages	Focus
School Cheer Prep	11+	Cheer motions, jumps, basic stunts
Beginning Pom	7–10	Pom technique & sharp motion
Stunt/Jump Tiny	5–7	Intro stunts & jumps
Stunt/Jump Mini	8–10	Skill development & strength
Stunt/Jump Teen	11+	Advanced stunts & jumps
Flyer Stretch	8+	Flexibility, balance & flyer control

## Tumbling Progression

Level	Ages	Placement
Tumble Tots	3–4	Intro tumbling
Beginning Tumble	5+	Entry-level tumbling
Walkovers	—	Must test out of Beginning Tumble
Handsprings 1	—	Must test out of Walkovers
Handsprings 2	—	Must test out of Handsprings 1
Aerials	—	Must test out of Walkovers
Tucks	—	Must test out of Handsprings 2
Layouts	—	Must test out of Tucks
Twisting	—	Must test out of Layouts
Adult Tumble	18+	Tumbling for adults at any level

## Conditioning & Strength Classes

Class	Ages	Purpose
Condition & Stretch	6–8	Flexibility & body control
Condition & Stretch	9–13	Strength & injury prevention
Strength Training	13+	Power & athlete health

# Which Cheer or Tumble Class Should My Child Take?

**Start with your child's age and interest:**

**Ages 3–4**

→ Tumble Tots

**Ages 5–7**

→ Beginning Tumble

→ Stunt/Jump Tiny (cheer-focused athletes)

**Ages 8–10**

→ Beginning Pom or Stunt/Jump Mini

→ Tumble placement based on skill testing

**Ages 11+**

→ School Cheer Prep or Stunt/Jump Teen

→ Add Flyer Stretch for flexibility

→ Tumble placement based on skill testing

**Adults (18+)**

→ Adult Tumble

**Want to build strength & flexibility?**

→ Ages 6–8: Condition & Stretch

→ Ages 9–13: Condition & Stretch

→ Ages 13+: Strength Training

**Still unsure?**

Our staff is happy to help place your athlete in the best class for their age, experience, and goals.