



Spring Training

MAY 5-22, 2025

Elite Heat Spring Training offers classes for athletes ages 3 and older, with a diverse class schedule for all ages and skill sets.

TINY BOOT CAMP (AGES 3-5)

\$75/athlete for full session

	Tuesday	Thursday
5:30-6:30	Cheer 101*	Tiny Tumble*

MINI BOOT CAMP (AGES 6-8)

\$125/athlete for full session

	Tuesday	Thursday
5:30-6:30	Mini Tumble	Mini Tumble
6:30-7:30	Stunt Fundamentals	Stunt Fundamentals
7:30-8:15	Jump Class	Dance & Performance

LEVEL 1 & 2 BOOT CAMP (AGES 9-16)

\$15 drop-in rate per class \$150/athlete for full session

	Monday	Tuesday	Wednesday	Thursday
5:30-6:30		Stunts: Releases & Dismounts		Stunts: Spinning & Inversions
6:30-7:30		Back Walkovers & Back Handsprings		Front Walkovers & Front Handsprings
7:30-8:15	Cheer Fit	Jump Class	Strength & Flex	Dance & Performance

LEVEL 2 & 3 BOOT CAMP (AGES 9-16)

\$15 drop-in rate per class \$150/athlete for full session

	Monday	Tuesday	Wednesday	Thursday
5:30-6:30	Stunts: Releases & Dismounts		Stunts: Spinning & Inversions	
6:30-7:30	Advanced BHS & Tucks		Front Tumbling & Aerials	
7:30-8:15	Cheer Fit	Jump Class	Strength & Flex	Dance & Performance

LEVEL 4, 5 & 6 BOOT CAMP (AGES 11 & OLDER)

\$15 drop-in rate per class \$150/athlete for full session

	Monday	Tuesday	Wednesday	Thursday
5:30-6:30	Standing Tucks, Layouts & Twisting		Whips, Front Throughs, Arabians	
6:30-7:30	Stunts: Releases & Dismounts		Stunts: Spinning & Inversions	
7:30-8:15	Cheer Fit	Jump Class	Strength & Flex	Dance & Performance

CLASS DESCRIPTIONS:

Tiny Boot Camp (Ages 4-6)

Cheer 101: The basics of all-star cheer for our youngest athletes in a fun one our format

Tiny Tumble: Entry level tumble class for our 4-6 year-old athletes, focusing on tumbling basics

Mini Boot Camp (Ages 6-8)

Mini Tumble: Tumbling fundamentals, proper shapes, and progressions, starting at cartwheels and working skills up through front and back walk overs

Stunt Fundamentals: Teaching the foundations of stunts, strong body positioning, grips, and placement.

Level 1/2 Boot Camp (Ages 9-16)

Back Walk Overs and Back Handsprings: A class focusing on proper handstands, bridges and hollow body, in order to develop back walk overs, and learn the correct shapes and technique of back handsprings.

Front Walk Overs and Front Handsprings: A class focusing on proper handstands and hurdles, as well as head and arm placement, in order to develop front walk overs, and learn the correct shapes and technique of front handsprings.

Stunts: Releases and Dismounts: A stunt class focusing on proper cradle technique, switch ups, and released transitions.

Stunts: Spinning & Inversions: A stunt class focusing on skills that twist, as well as skills that invert up from the ground.

Level 2/3 Boot Camp (Ages 9-16)

Advanced Back Handsprings and Tucks: A class focusing on core strength, speed, and tuck shapes. Series back handsprings and running tucks will be covered. *Must have unspotted series back handspring.*

Front Tumbling and Aerials: A class focusing on punch fronts, step outs, and aerials.

Stunts: Releases and Dismounts: A stunt class focusing on full downs, braced front flips, switch ups, and released transitions.

Stunts: Spinning & Inversions: A stunt class focusing on skills that twist, as well as skills that invert up from the ground.

Level 4/5/6 Boot Camp (Ages 11 and older)

Standing Tucks, Layouts and Twists: A class focusing on speed, power, and set, as well as mastery of the layout and twisting shapes. Athletes must have an unspotted roundoff back handspring core tuck to attend.

Whips, Front Throughs & Arabians: A class working on whips, punches, power, placement, and speed needed for high level tumbling skills.

Stunts: Releases and Dismounts: A stunt class focusing on double downs, switch ups, and released transitions.

Stunts: Spinning & Inversions: A stunt class focusing on skills that twist, as well as skills that invert up to extended level.

Bonus Classes (open to Levels 1-6)

Dance & Performance: Join us for this class focused on dance, performance, and movement!

Cheer Fit: A high energy class that will strengthen your core, improve your endurance, and prepare you for the fitness evaluation portion of placements.

Strength & Flex: Designed for all level athletes interested in working flexibility, strength, and body awareness.

Jump Class: Building power through plyometric movement and mastering the approach, arm placement and landing technique.