

Encore Elite

Cheer Program

CLASS DESCRIPTIONS:

CHEER CLASS:

40 minute instruction that consists of all 4 skill sets: Tumbling, Jumps, Stunt and Pom Dance. Each week the students will have one primary focus for the day or they will divide the class into specific sections to work on each skill set. This is a jam packed class that the kids absolutely enjoy!

TUMBLING CLASS:

40 minute instruction that focuses solely on the tumbling skill set - bridges, handstands, cartwheel, walkover, handsprings, etc. As they progress, we have different levels to accommodate where each student is at in their tumbling journey. Tumbling is a huge factor in a cheer routine and is a required skill set.

ACRO CLASS:

40 minutes to 1 hour instruction. Acro is very similar to the tumbling skill set. The difference is acro also incorporates dance and contortion elements. They practice barefoot to showcase their lines, straight legs and pointed toes. Ballet is a recommended class to take with acro.

POM CLASS:

40 minute instruction that is a combination of jazz and cheer. The students will work on basic dance technique while incorporating pom poms, cheer motions and jumps. These are all important elements involved in a cheer routine.

STUNT CLASS:

40 minute instruction that solely focuses on cheer stunts and strength building. Stunting is when one student is simply lifted into the air by 3-4 other students. Students will begin with simple thigh stands and work their way up to higher and more involved stunts. Stunting is a required skill set for all cheer routines.