



# LONG ISLAND CHEER 2023-2024 FALL/SPRING CLASS SCHEDULE

**SEPT 1ST -  
JUNE 22ND**

SIGN UP & PRICING ARE AVAILABLE ON THE PARENT PORTAL LOCATED ON OUR WEBSITE [WWW.LONGISLANDCHEER.COM](http://WWW.LONGISLANDCHEER.COM)

## MONDAY

**WALKOVERS-5:00-6:00PM  
ADV. HANDSPRINGS-6:00-7:00PM**

## TUESDAY

**CHEER BASICS-4:30-5:30PM  
INTRO TO HANDSPRINGS-5:30-6:30PM  
WALKOVERS-6:30-7:30PM**

## WEDNESDAY

**TUMBLE STARS-5:15-6:00PM  
FOUNDATIONS(5-9)-6:00-7:00PM  
TUCKS CLASS-6:00-7:00PM  
INTRO TO TUMBLE (10-17)-7:00-8:00PM  
LAYOUTS/TWISTS-8:00-9:00PM**

## THURSDAY

**TUCKS-6:00-7:00PM**

## FRIDAY

**TUMBLE STARS-5:15-6:00PM  
FOUNDATIONS (5-9)-6:00-7:00PM  
ADV. HANDSPRINGS-6:00-7:00PM  
TWIST CLASS-6:00-7:00PM  
FLYER FLEX-6:15-7:00PM  
JUMPS/CONDITIONING-7:00-8:00PM  
WALKOVERS-7:00-8:00PM  
INTRO TO HANDSPRINGS-7:00-8:00PM  
TUCKS CLASS-7:00-8:00PM  
LAYOUTS CLASS-7:00-8:00PM  
OPEN GYM-8:00-9:30PM**

## SATURDAY

**INTRO TO HANDSPRINGS-9:00-10:00AM  
TUMBLE STARS-9:15-10:00AM  
FOUNDATIONS(5-9)-10:00-11:00AM  
TUCKS-10:00-11:00AM  
WALKOVERS-11:00-12:00PM  
ADV. HANDSPRINGS-11:00-12:00PM  
INTRO TO HANDSPRINGS-12:00-1:00PM  
LAYOUTS/TWISTS-12:00-1:00PM  
ADVANCED HANDSPRINGS-1:00-2:00PM  
TUCKS-1:00-2:00PM  
FLYER FLEX-2:00-2:45PM  
JUMPS/CONDITIONING-2:00-3:00PM  
OPEN GYM-3:00-4:30PM**