



# FALL CLASS SCHEUDLE 2025

9/1/2025 - 12/31/2025

CLASSES OFFERED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TUITION
<u><i>Tiny Tumblers</i></u>	4:30PM 5:30PM	4:30PM 5:30PM		4:30PM 5:30PM	\$95/MONTH
AGES 3-5 ONLY, NO EXPERIENCE NECESSARY					
<u><i>Beginning</i></u>	4:30PM 6:30PM	4:30PM 5:30PM 6:30PM	4:30PM 5:30PM 6:30PM	4:30PM 5:30PM 6:30PM	\$95/MONTH
AGES 6-18, NO EXPERIENCE NECESSARY					
<u><i>Front/Back Walkover</i></u>	4:30PM 5:30PM 6:30PM	4:30PM 5:30PM 6:30PM 7:30PM	4:30PM 5:30PM	4:30PM 5:30PM 6:30PM	\$95/MONTH
*MUST PASS A SKILLS CHECK, COMPLETE ALL BEGINNING TUMBLING SKILLS					
<u><i>Back Handsprings</i></u>	4:30PM 5:30PM 7:30PM	4:30PM 5:30PM 6:30PM	5:30PM	4:30PM 5:30PM 7:30PM	\$95/MONTH
*MUST PASS A SKILLS CHECK, COMPLETE ALL FRONT/BACK WALKOVER TUMBLING SKILLS					
<u><i>Back Tucks</i></u>	7:30PM	6:30PM	7:30PM	6:30PM	\$95/MONTH
*MUST PASS A SKILLS CHECK, COMPLETE ALL BACK HANDSPRING SKILLS					
<u><i>Layouts &amp; Fulls</i></u>	7:30PM	7:30PM	7:30PM	7:30PM	\$95/MONTH
*MUST PASS A SKILLS CHECK COMPLETE ALL RUNNING TUCK SKILLS					
<u><i>Cheer Basic Training</i></u>	5:30-7:30PM	6:30-8:30PM	5:30-7:30PM		\$135/MONTH(2hr)\$ 205/MONTH(4hr)
NO EXPERIENCE NECESSARY					
<u><i>School Cheer</i></u>		7:30PM	6:30PM	6:30PM	\$95/MONTH
NO EXPERIENCE NECESSARY					
<u><i>Jump Class</i></u>	5:30PM	5:30PM		7:30PM	\$95/MONTH
NO EXPERIENCE NECESSARY					
<u><i>Flyers Flexibility Class</i></u>	5:30PM		6:30PM	6:30PM	\$95/MONTH
NO EXPERIENCE NECESSARY					
<u><i>Adult Tumbling</i></u>		7:30PM		7:30PM	\$95/MONTH
NO EXPERIENCE NECESSARY					
<u><i>Coed Stunt Class</i></u>	6:30PM		6:30PM		\$135/MONTH
NO EXPERIENCE NECESSARY					
DROP-IN CLASSES: \$35, DROP-IN COED STUNT CLASSES: \$45. ALL DROP IN CLASSES CAN BE SCHEDULED THE DAY OF WITH THE FRONT OFFICE STAFF. WAIT LIST CLASSES ARE ALWAYS AVAILABLE UPON REQUEST FOR ANY CLASS OR PRIVATE LESSON.					



# HOUSTON

**713-234-7918**

**5804 S. Rice Ave  
Houston, TX 77081**

**SPECIAL EVENTS 2025:** Follow us on Instagram and watch emails for details

## OPEN GYM - Fridays 6-8PM

Sept. 5,19 | Oct. 3,17,24 | Nov. 14,28 | Dec.  
5,19 (\$20 pre-register online, \$30 at  
door)

## Camps/Clinics:

Tumble Intensive: Oct. 4, Nov. 1

Stunt Clinic: Oct 11

Intensive Clinic: Oct. 25

Nov. 24-26 | Winter Camp: Dec. 22 & 23

Group

Cheer

Fall Camp:

<p><u><b>Tiny Tumblers</b></u></p> <p>AGES 3-5 ONLY, NO EXPERIENCE NECESSARY</p>	<p>WECC's Tiny Tumblers program is designed for boys and girls ages 3-5, and is directed and taught by instructors who are focused on providing a FUN experience for these young athletes. This 1 hour class will prepare them for future movement into one of our higher level tumbling classes. Your Tiny Tumbler will be taught proper stretching technique and these specific skills: Forward Roll, Backward Roll, Handstand, Handstand Forward Roll, Left and Right Side Cartwheel, Round Off Rebound, Bridge Up, Bridge Down, and gain an understanding of the Back Bend Kick Over.</p>
<p><u><b>Beginning</b></u></p> <p>AGES 6-18, NO EXPERIENCE NECESSARY</p>	<p>In WECC's Beginning Tumbling Classes each tumbler will be mastering these specific skills: Forward Roll, Backward Roll, Handstand, Handstand Forward Roll, Left and Right Side Cartwheel, Round Off Rebound, Bridge Down, and gain an understanding of the Back Bend Kick Over.</p>
<p><u><b>Front/Back Walkover</b></u></p> <p>*MUST PASS A SKILLS CHECK COMPLETING ALL BEGINNING TUMBLING SKILLS.</p>	<p>In WECC's Front/Back Walkover Classes each tumbler will be mastering these specific skills: Bridge Down Kick Over, Back Walkover, Switch Leg Back Walkovers, Front Limber, Front Walkover, Valdez, Straddle Up Handstand Forward Roll, One Handed Skills, &amp; More Specialty Walkover Tricks.</p>
<p><u><b>Back Handsprings</b></u></p> <p>*MUST PASS A SKILLS CHECK COMPLETING ALL FRONT/BACK WALKOVER TUMBLING SKILLS.</p>	<p>In WECC's Back Handspring Classes each tumbler will be mastering these specific skills: All Beginning Skills reviewed, Standing Back Handspring, Running Round Off Back Handspring, Series of Standing Back Handsprings, Series of Running Round Off Back Handsprings, and Front bounders</p>
<p><u><b>Running Tucks</b></u></p> <p>*MUST PASS A SKILLS CHECK COMPLETING ALL BACK HANDSPRING SKILLS.</p>	<p>In WECC's Running Tuck Classes each tumbler will be mastering these specific skills: All Back Handspring Skills reviewed, Running Back Handspring Back Tuck, Running Series of Back Handsprings Back Tuck, Standing 2 or 3 Back Handsprings Tuck, Running Punch Front Absorb and Stand</p>
<p><u><b>Layouts &amp; Fulls</b></u></p> <p>*MUST PASS A SKILLS CHECK COMPLETING ALL RUNNING TUCK SKILLS.</p>	<p>In WECC's Layouts and Fulls Classes each tumbler will be mastering these specific skills: All Running Tucks Skills reviewed, Running Back Handspring Layout, and Running Back Handspring Full Twisting Layout, Running Punch Front Step Out Round-Off, &amp; Standing Tuck</p>
<p><u><b>Cheer Basic Training</b></u></p> <p>NO EXPERIENCE NECESSARY</p>	<p>Woodlands Elite offers a 2 hour per week or 4 hour per week cheer prep class to put you on the path to become a competitive and/or school cheerleader. In WECC's Basic Training class athletes will work on tumbling, stunts, jumps, motions and routine choreography. Great for athletes looking to discover and refine their talents in the sport of cheerleading.</p>
<p><u><b>School Cheer</b></u></p> <p>NO EXPERIENCE NECESSARY</p>	<p>In WECC's Cheer Tryout classes will be preparing athletes for middle school, intermediate school, or high school cheerleading tryouts. Our Qualified WECC instructors know how to master the score sheet and maximize each athletes ability to put their best skills forward. All athletes will work on the following skills: voice projection, motion precision and placement, How to properly present tumbling skills, entrance and exit strategies, and overall routine memorization techniques.</p>
<p><u><b>Jump Class</b></u></p> <p>NO EXPERIENCE NECESSARY</p>	<p>WECC's Jump Classes will focus on leg flexibility, improving jump technique, proper arm placement, pointed toes, and transitioning between different jump varieties, and jump conditioning.</p>
<p><u><b>Flyers Class</b></u></p> <p>NO EXPERIENCE NECESSARY</p>	<p>WECC's Flyers class is 1 hour long and works mainly on the stunting blocks to best teach the fundamentals of all flight skills, as well as teaching the proper stretching techniques for the required body positions. Students will master hold the following skills for 10 seconds: Right Split, Left Split, Middle Split, Liberty, Heel Stretch, Front Stretch, Bow &amp; Arrow, Scorpion, Scale &amp; Arabesque</p>

**WWW.WOODLANDSELITEHTX.COM**



@we\_houstontx



@woodlandselitehtx



@woodlandselitehtx