

TUMBLE SCHEDULE

Beginner Tumbling	Monday: 3:30 Monday: 5:30 Tuesday: 3:30 Tuesday: 7:30 Wednesday: 5:30 Friday: 4:00
Intermediate I	Monday: 5:30 Tuesday: 4:30 Tuesday: 5:30 Wednesday: 4:30 Wednesday: 6:00 Thursday: 4:30 Friday: 5:00
Intermediate II	Thursday: 4:30 Thursday: 5:30
Advanced	Monday: 7:30
IME I/II	Monday: 6:30 Tuesday: 4:30
IME II/Adv	Tuesday: 5:30 Tuesday: 7:30 Thursday: 5:30
Back Tuck/Back Handspring	Monday: 3:30 Thursday: 3:30
Tiny Tots	Friday: 3:15
Stretch, Flex & Jumps	Monday: 5:30
Fundamentals of Cheer	Monday: 5:30 Wednesday: 5:00



CLASS DESCRIPTIONS

BEGINNER TUMBLING \$85 PER MONTH: THIS CLASS IS GEARED TOWARDS ATHLETES WITH LITTLE TO NO TUMBLING EXPERIENCE. ATHLETES WILL LEARN THE FOLLOWING: FORWARD ROLL, BACKWARD ROLL, HANDSTAND, CARTWHEEL, ROUNDOFF, BRIDGE, BRIDGE KICKOVER, BACK WALKOVER

INTERMEDIATE I TUMBLING \$85 PER MONTH: PREREQUISITE TO REGISTER FOR THIS CLASS IS TO HAVE MASTERED ALL BEGINNER TUMBLING SKILLS. ATHLETES WILL LEARN THE FOLLOWING: BACK HANDSPRING, ROUND OFF BACK HANDSPRING, CARTWHEEL BACK HANDSPRING,

INTERMEDIATE II TUMBLING \$85 PER MONTH: PREREQUISITE TO REGISTER FOR THIS CLASS IS TO HAVE MASTERED ALL INTERMEDIATE TUMBLING SKILLS. ATHLETES WILL LEARN THE FOLLOWING: ROUND OFF BACK HANDSPRING SERIES, TUCKS – STANDING AND RUNNING

ADVANCED TUMBLING \$85 PER MONTH: PREREQUISITE TO REGISTER FOR THIS CLASS IS TO HAVE MASTERED ALL SKILLS IN PREVIOUS CLASSES. ATHLETES WILL LEARN THE FOLLOWING: JUMP TO TUCK, STANDING BACK HANDSPRING TO LAYOUT, STANDING 2 BACK HANDSPRINGS TO LAYOUT, ROUND OFF BACK HANDSPRING LAYOUT, STANDING BACK HANDSPRING-LAYOUT

TINY TOTS CLASS (AGES 3-6) \$75 PER MONTH: THIS CLASS IS GEARED TOWARDS ATHLETES WITH LITTLE TO NO TUMBLING EXPERIENCE. ATHLETES WILL LEARN THE FOLLOWING: FORWARD ROLL, BACKWARD ROLL, CARTWHEEL, HANDSTAND, BRIDGE, BRIDGE KICKOVER

STRETCH, FLEX & JUMPS CLASS \$85 PER MONTH: THIS CLASS FOCUSES ON GAINING THE FLEXIBILITY NEEDED TO BE A WELL ROUND ATHLETE. ATHLETES WILL STRETCH USING A VARIETY OF TECHNIQUES. IMPROVE CHEERLEADING JUMPS BY STRETCHING, PERFORMING, AND CONDITIONING USING PROPER FORM AND TECHNIQUE.

FUNDAMENTALS OF CHEER \$40/\$85 PER MONTH: WORK ON ALL AREAS OF CHEER - MOTIONS, JUMPS, SIGN WORK AND FLEXIBILITY.

