

# Tumble

This class is offered to boys and girls ages 8 through high-school. Athletes will develop tumbling skills ranging from beginner to advanced on tumbling specific events only (Spring Floor, Tumble Track, Trampoline, Etc.) and is great for individuals seeking to fine tune tumbling skills for cheerleading as well as those who would just prefer to focus on their tumble skills.

Skills include handstands, cartwheels, round-offs, back handsprings, back tucks, etc. Requirements:

**+Intro to Tumbling**

-There are no requirements to be in this class. Just come and have fun learning to tumble and start building up your skills for the upper level classes

**+Intermediate Class:**

- Handstand forward roll
  - handstand bridge
  - one-arm cartwheel
  - running round-off
- back handspring (with no spot) on tumble track & wedge mat

**+ Advance Class:**

- all the above
- standing 2 back handsprings - round-off 2 back-handsprings

**- +Elite Class:**

- all the above
- standing back tuck (No Spot on the floor, off a mat)
- standing back handspring back tuck (on wedge mat or floor)
  - round-off back handspring back tuck
  - round-off back handspring layout

**(We accept Cash, Check, or Cards)**

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:15 -5:15 beginner		4:15-5:15 Advanced <b>(invite only)</b>
6:45 – 7:45 beginner		6:45-7:45 Beginner and intermediate	

**Ages 8-18**

**Annual Registration Fee: \$40.00**

**Tuition Fee: \$70.00** (\$67 if enrolled in auto draft)

**Sibling Monthly Tuition: \$63.00**