

WIDC CLASS INFORMATION

**Please note that with ALL Classes strengthening, conditioning and flexibility are a huge part of your athletes tumbling success and skill progression. In addition, strengthening, conditioning, and flexibility aid in injury prevention.

WIDC sticks to PERFECTION before PROGRESSION and the result is beautiful tumbling.

Tiny Classes Ages 3-6 years

PREREQUISITES: NONE

INSTRUCTION: Body positions Stand Tall, Lunge, Candlestick, Hollow hold, Plank, Tuck, Pike, Handstand basics.

- 90-degree leg holds
- Lever into lunge (from Passé)
- Forward Roll
- Backward Roll
- Intro to Handstand
- Intro to Cartwheel

Beginner Athlete:

BEGINNER LEVEL 1 TUMBLING CLASS Ages 6 +

PREREQUISITES: NONE

This class runs at a slower pace to help new tumbling athletes feel comfortable when learning new skills. Curriculum is the same as the Level 1 Tumbling Class.

LEVEL 1 TUMBLING CLASSES Ages 6 & up

PREREQUISITES: NONE

INSTRUCTION:

- Forward Roll
- Backward Roll
- Handstands
- Cartwheels
- Backward roll
- Handstand to bridge
- Bridge back
- Bridge kick over
- Front Walkover
- Back Walkover
- Back extension rolls
- Round Off
- Valdez

LEVEL 2 TUMBLING CLASS

PREREQUISITES: All skills taught in Level 1, Specifically Back Walkover, Front Walkover, Back Extension Roll, Valdez, all performed with strong technique.

INSTRUCTION

- Dive Roll
- Running front handspring
- Standing back handspring
- Round off back handspring rebound
- Cartwheel back handspring
- Back walkover back handspring
- Specialty connected passes

LEVEL 3 TUMBLING CLASS

PREREQUISITES: All skills taught in Level 2, Specifically Back Handspring Rebound, Front Handspring Rebound, Cartwheel

Back Handspring, Back Walkover Back Handspring, Specialty Connected Passes, all performed with strong technique.

INSTRUCTION

- Punch front
- Round off back handspring tuck
- Multiple standing back handsprings
- Aerial
- Specialty connected passes

LEVEL 4 TUMBLING CLASS

PREREQUISITES: All skills taught in Level 3, Specifically Punch Front, Round off back handspring tuck, Multiple standing back handsprings, Aerial, Specialty connected passes, all performed with strong technique.

INSTRUCTION

- Front Handspring Front Tuck
- Punch Front Step-out
- Round off back handspring Layout
- Standing back handsprings Tuck
- Standing Tuck
- Front Aerial
- Specialty connected passes

LEVEL 5 & 6 TUMBLING CLASS

PREREQUISITES: All skills taught in Level 4, Specifically Round off back handspring layout, standing tuck, standing back handspring tuck, and specialty connected passes, all performed with strong technique.

INSTRUCTION

- Round off Back handspring full
- Standing back handspring layout/full
- Standing full
- Specialty connected passes

FLEXABILITY CLASSES: This class is designed to progressively improve flexibility that is required to be a flyer. This class consists of static, active, dynamic, isometric and ballistic stretching. This class is open to all athletes in dance, cheer and tumbling classes.

JUMP CLASS: This class will focus on prepare stretching technique and strength training to complete all required jump positions. In addition to stretching and conditioning, Coaches will teach proper arm and leg placement to perform each jump successfully and correctly.

FLYER CLASS: A class for cheerleaders who want to learn the fundamentals of flying. Athletes will work on all aspects of flying from beginner skill level and up. Flyers will work on strengthening muscles they need when flying as well as correct body lines.