

## **TUMBLING & CHEER/TUMBLING**

All classes are taught using a safe, step by step curriculum.

### **CHEER/TUMBING: Ages 7& Up**

**This Classes teaches the basics of Cheer and Tumbling. Students will learn cheer moves, jumps, leaps, stunts and basic tumbling.**

### **BEGINNER TUMBLING: Girls and Boys, Ages 7 & Up.**

**This Class teaches skills in Tumbling (Floor) Only.** Courthouse Gymnastics recommends that a child have a minimum of one year of Gymnastics classes to build upper body strength and flexibility needed for safer, stronger tumbling.

**Basic tumbling skills are taught including handstands, back bends, back walkovers, backbend back walkover, cartwheels and a round off rebound. All are leading up to a Back Handspring.**

**To move out of this class, it must be determined by the Instructor that the student can do basic tumbling skills well And is able to do a Back Handspring with a light spot. This class has an average of 10 students per instructor.**

### **INTERMEDIATE TUMBLING: Invitation Only. Girls and Boys, Ages 7 & Up.**

**A student may only enroll in this class only when an Instructor determines that the student has mastered basic tumbling skills And can do a Back Handspring with a light spot. Students will work on perfecting the back handspring. They will progress to a Round Off Back Handspring. They will also work on multiple back handsprings.**

### **ADVANCED TUMBLING: Invitation Only. Girls and Boys, Ages 7 & Up.**

**A student may only enroll in this class only when an Instructor determines that a student has sufficiently learned the skills required in the Intermediate Tumbling class.**

**Students will perfect multiple back handsprings and learn Fulls, Back Tucks, and Layouts.**