

Flip Tuck Gymnastics Center - Gymnastics, Tumbling and Cheerleading Curriculums

This form is to help parents understand what classes to put their children in and also what they will be learning in those classes. Students will need to complete 90% of the skills in their class before they are able advance to the next class. Coaches will contact the parents when their child is ready to advance to the next level. Please be patient as every child is different and learns at their own pace. (Remember all skills take 600-800 times to master so encourage your children to practice.

Gymnastics – Parent N Tot thru Rec. 2

Class Type	Age	Vault	Bars	Beam	Floor
Parent N Tot	9-35mos	Jumping from 2 feet, hop on one leg (left and right), wall climbs, jump off block to stick & donkey kicks.	Gripping the bar, hanging on the bar, Chin hold, front support, toes to bar, Tuck, Pike & straddle hang & Swinging	Walking, crawling, standing on toes, arm positions, beam feet, tuck sit, v-sit, straddle v-sit, jump to stick (low beams only)	Forward & backward roll down wedge mat, handstand wall climb, bridge, table, candlestick, body positions, jumps, hollow body hold (heels on block)
Kindernastics	3-4yrs	Learn hurdle, butt kicks, high knees, one leg run (right and left), punch board with 2 feet, knee on, squat on, donkey kicks (straight legs), straight jump to block & wall pops	Monkey hang, Skin the cat, Front Support walks, hanging walks, pike and straddle ups (toes to bar), Tummy roll, Tuck, straddle & pike hand and walk.	Tuck sit, V-sit, straddle v-sit, knee scale, releve stand, tip toe walks, leg swings, coupe hold, arabesque, kneeling stand, passé hold & straight, straddle, tuck jump dismount.	Strong hollow body position, forward and backward roll, cartwheel (over block, bridge hold, ¼ handstand lunge, candlestick, bridge kick over from block & hand stand limber.
Rec. 1	5-8yrs	Hurdling, butt kicks, high knees, deer runs, donkey kicks (Straight legs), wall pops, wall climbs, knee on, squat on, dive roll, handstand flat back (on board) & hollow body rocks.	Pullover, Cast, Front Support, Chin up hold, Re-grip, Cast push away, straddle & pike swing, Knowing hand placement (over, under & mixed), back hip circle & controlled body positions	Front support, lying pike, releve, Arabesque, forward leg swings, lever, Passé hold, stretch jump, kneeling cartwheel to ¼ handstand, arm control & controlled body positions.	¼ handstand, cartwheel to lunge, backward roll (tucked), candlestick, forward roll (tucked), chasse, swing hop, split, tuck, straddle, stretch jumps, standing backbend, bridge kick over from block.
Rec. 2	5-12yrs	Running drills, punch board, arm circles (for power), handstand holds in hollow body, handstand pop on to stacked mats, Straight jump to pit, bounce to hollow prone.	Pullover, cast to horizontal, glide, sole circle/under swing, Flank cut forward and back, Squat on jump off, knee kip/stride circle, single leg shoot, pike ups, Straddle through & under/overs & controlled body positions.	Front support, whip to prone position, jump to squat, arabesque, forward leg swing, backward leg swing, releve, lever to beam, passé hold, pivot turn, stretch jump forward, side cartwheel to handstand, arm & body control.	Handstand, round-off, backward roll to pike stand, candlestick, bridge, kick over, pivot turns, chasse, straight leg leap, all jumps listed in rec. 1, begin back handsprings, back walkovers & handstand roll down.

Tumbling - Beginner to Advanced, Adult & Open

Class Type	Age	Warm ups	Skills That Will Be Taught
Tumble 1	3-7yrs	Jumps on toes, frog jumps, lunge handstand lunge, walking lunges, crab walk, bear crawl, tuck up to handstand (using wall)	Forward roll in tuck and straddle position, backward roll in tuck and straddle position, cartwheel, round off, bridge (hold 5 seconds) bridge kick over off block, standing back bend, handstand limber, handstand on wall (hold 10 seconds) pop cartwheels & beginning steps for back handsprings
Tumble 2	5-18yrs Based on skill level	Handstand pop, walking lunges, one leg jumps on toes, frog jumps, handstand step down, round off toe touch, all basics from tumble 1 class, kneeling round off, seated straddle hold, tuck & straddle up to handstand.	Back walkover, front walkover, handstand limber, standing back handspring, round off back handspring, dive cartwheel, aerial cartwheel, dive roll, handstand roll down, back extension roll, tinsica, front handspring & series of back handsprings.
Tumble 3	7-18yrs Based on skill level	Will always review the above warm ups plus: power hurdle round off, consecutive round off ½ turns, handstand multiple pops, handstand pirouette, tuck, straddle, pike handstand roll down, tick tock (10 in a row) & seated pike hold.	Standing tuck, punch front, (out of round off or back handsprings) layout, pike, x-out, step outs, Arabian, full twist, front aerals, whip backs, unique connections.
Adult Tumbling	19 & over	Random selection from Tumble 1, 2 & 3. No skill level required.	This class is for ex-cheerleaders, gymnasts or anyone wanting a great workout. A coach will be on site to spot and teach all skills shown in the tumble 1-3 classes.
Open Tumbling	6-18yrs	Random selection from Tumble 1, 2 & 3. Must be able to do a round off.	This class it to maintain the tumbling skills the student currently has on their own. We have a tumbling coach at each class to assist with stretching, warm ups, give directions and to supervise the students. This class does not teach new skills however there is always a coach to spot passes when needed.