



720 W. Russell Rd. #1 • Sidney, Ohio 45365 • (937) 492-2825 • unitedtumblingacademy@gmail.com

Class Schedule 2017

Current 8 Week Session: March 13th - May 7th

(There will be no classes May 8th - June 1st)

New Session/Summer Schedule: June 5th - August 3rd

*(GYM CLOSED July 3rd-6th) *A new Class Schedule will be sent out at the end of May**

Register online at www.unitedtumblingacademy.com, call 937-492-2825, or stop by the front desk to reserve your spot in each class.

*****NEW**: Classes will no longer automatically re-enroll your athlete. All athletes will be dropped each session and you will need to re-enroll each session to reserve your spot in each class.

Classes	Monday	Tuesday	Wednesday	Thursday	Sunday
Pre-Tumble 1	4-5pm	5-6pm	4-5pm	5-6pm	
	6-7pm		6-7pm		
Beginner Tumble 1	4-5pm	5-6pm	4-5pm	5-6pm	
	6-7pm		6-7pm		
Advanced Tumble 1	5-6pm	4-5pm		5-6pm	
		5-6pm		6-7pm	
Beginner Tumble 2	4-5pm	4-5pm	5-6pm	4-5pm	
		6-7pm		5-6pm	
Advanced Tumble 2	4-5pm	4-5pm	4-5pm	4-5pm	
	5-6pm	6-7pm		5-6pm	
Tumble 3	4-5pm	4-5pm	5-6pm	4-5pm	
	5-6pm		7-8pm	5-6PM	
Tumble 4/5	4-5pm	5-6pm	7-8pm	5-6pm	
				6-7pm	
Jumps	6-6:30pm	6-6:30pm	7-7:30pm		12:30-1pm
					5-5:30pm
Flex	7:30-8pm	6:30-7pm	7:30-8pm		3-3:30pm
					5:30-6pm
United All Stars Squad Practice Times					
TINY - CHARMERS	6:30-7:30pm		6:30-7:30pm		
YOUTH - HISS			4:45-6:45PM		1-3pm
JUNIOR - POISON		7-9PM			3-5pm
SENIOR VENOM				6-9PM	5-7pm
HIP HOP SKILLS	5-6:30PM				
YOUTH HIP HOP	7-8:30pm				

(Class descriptions are listed on the back)

Class Descriptions

Parent-Tot Tumble: This class is an introduction to tumbling and gymnastics skills for toddler age children. Parents will participate alongside their child to guide them in their learning experience. We will work fine and gross motor skills. (Offered in the Spring, Fall, and Summer)

Pre Tumble 1 (Ages 5 and under): Athletes will learn the basic tumbling skills such as cartwheels, round-offs, forward and backward rolls, handstands, front and back walkovers.

Beginner Tumble 1 (Ages 6-8): Athletes will learn the basic tumbling skills such as cartwheels, round-offs, forward and backward rolls, handstands, front and back walkovers, and back extension rolls.

Advanced Tumble 1(Ages 9 and older or has back walkover): Athletes will learn the basic tumbling skills such as cartwheels, round-offs, forward and backward rolls, handstands, front and back walkovers, and back extension rolls. Athletes will work both dominant and non-dominant side skills.

Beginner Tumble 2: This class introduces the standing back handsprings and round off back handsprings. Other skills such as toe touch back handsprings, cartwheel back handsprings, back walkover back handsprings, back extension roll back handsprings, and front handsprings. **Requirements:** A back walkover and strong round off.

Advanced Tumble 2: This class focuses on connecting multiple back handsprings, standing series, and round off series back handsprings. Other skills such as toe touch series back handsprings, cartwheel back handsprings, back walkover back handsprings, back extension roll back handsprings, back handspring step outs, and front handsprings. **Requirements:** A standing back handspring and round off back handspring without a spot.

Tumble 3: This class introduces running round off back handspring back tucks, front tucks, side and front aerials. **Requirements:** Standing three back handspring series and running round-off 3 back handsprings.

Tumble 4: This class concentrates on standing back handspring tucks, back tucks, running round-off back handspring layouts, whips, front punch through to round back handspring layouts, whip-layouts. **Requirements:** Running round off back handspring tuck, 2 back handspring tuck, round off tuck, front tuck, and strong standing series back handsprings.

Tumble 5: This is an elite tumbling class that teaches fulls, arabians, double fulls, etc. **Requirements:** Standing tuck, back handspring layout, 2 back handsprings to a layout, running round-off back handspring layout, standing and running whips and front punch through to a layout.

Flex Class: This class works flexibility and strength with a focus on drills necessary for stunting, jumps, and tumbling. Cost is \$5 per class.

Open Gym: This class is offered for athletes to work on their own at their preferred pace. Coaches will be present to help spot and supervise. Cost is \$5 for members and \$10 for non-members.

Private Lessons:

Private lessons can be set up with any coach of your choice. Depending on the athlete's ability, this class will be built based on the participant's request of skills. These lessons can focus on jumps, motion technique, tumbling, stunting, flexibility, etc. Private lessons can be set up in 30 minute increments and shared with other athletes. Cost is \$20 for ½ hour and \$35 for an hour lesson. Cost is split between athletes unless there are 3 or more, cost is \$15 per athlete.

Each class offered is \$85 per 8 week session with some exceptions: 2 classes a week are \$127.50 per 8 week session, 3 classes are \$150 per 8 week session, and unlimited is \$170 (Flex included). Parent-Tot Tumble is \$8 per class. Flexibility Class is \$5 per class. Open Gym is \$5 per class.

Yearly registration fee per family is \$30(tax included), each athlete will receive a t-shirt.

We also offer a \$20 sibling discount for classes per session and \$20 monthly sibling discount for our All Star athletes.