

Flip Tuck Gymnastics Center - Gymnastics Curriculum

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 85% of the skills in their class before they are able advance to the next class. Coaches will evaluate the students at the end of the 8 week session and make their suggestion for their nest class. 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. 3

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.
Adv. Kindernastics Rec. 1	4-6yrs 6-12yrs	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 ¾ handstand, arm control & controlled body positions.	¾ 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	6-14yrs	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.
Rec. 3	6-14	Dive roll, Handstand against wall hold, handstand to flat back, Hollow body hold, donkey kick to handstand.	Glide swing, pullover, front hip circle, cast to horizontal, single leg shoot thru, stride circle or knee kip, flank cut backward, back hip circle, under swing or sole circle dismount.	Leg swing to sit, arabesque, straight leg leap, cross handstand, pivot turn, heel snap, stretch jump, cartwheel to handstand dismount.	Split jump 90 degrees, stretch jump, handstand roll down, handstand bridge kick over, leg wings left and right, tucked backward roll, Chasse, split leap, ½ turn in forward passé, round off back handspring

Remember - stretching and conditioning are a very important in mastering skills in this sport. Proper stretching takes time and when done correctly it will prevent injuries and wear and tear on muscles and joints. Conditioning will help strengthen the muscles your child will need to prepare their bodies for the skills we want them to achieve. We require our coaching staff to spend 15 minutes on warming up each class to ensure we are working to gain flexibility and muscle control. Every child learns differently and at a different pace. Like all sports repetition is key to perfection and the more your child is here working on their skills the quicker they will progress. Basketball players repeat layups over and over and still may not make every shot but they are conditioning their muscles to remember how much force they need to put forth to make the shot, also known as muscle memory. We ultimately care about your child and their safety and their progression, so we focus on the importance of strength, conditioning, repetition & technique.

Flip Tuck Gymnastics Center - Tumbling Curriculum

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 85% of the skills in their class before they are able to advance to the next class. Coaches will evaluate the students at the end of the 8 week session and make their suggestion for their next class. 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.)

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.
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 is 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.
Twisting	6-18yrs	Will always review the basic 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.	Layout, Fulls, Double fulls, front layouts, front fulls, arabians & specialty passes.

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