



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

7 Week Session: *October 27 - December 19, 2025*

**** NO CLASSES THURSDAY, OCTOBER 30TH FOR HALLOWEEN! ****

THURSDAY CLASSES USE CODE: "HALLOWEEN"

**** GYM CLOSED! NO CLASSES NOVEMBER 24-28 FOR THANKSGIVING ****

**** GYM CLOSED! NO CLASSES DECEMBER 22 - JANUARY 2 FOR HOLIDAY BREAK ****

- \$110 per Session - Consists of 1 class every week, including jump and flexibility classes
- Sibling discounts and additional class discounts given
- **Send your athletes with a water bottle and plenty of fluids!**
- If you need assistance or have questions, please email us at unitedtumbling@gmail.com

****ONLINE REGISTRATION**** All families must register for classes online (EXCEPT FOR OUR ALL STAR ATHLETES). If you do not want to pay online, you can stop by our facility to enroll your athlete and pay in person. You will not be added to the class until payment is received. Classes have limited space. Once a class is full it will close.

	Monday	Tuesday	Wednesday	Thursday	Sunday
Pre-Tumble 1 (Ages 3-4)	5-5:50pm			6-6:50pm	
Beginner Tumble 1 (Ages 5-8)	6-6:50pm	7-7:50pm	5-5:50pm	7-7:50pm	
Advanced Tumble 1 (Ages 9 and older or mastered BWO)	7-7:50pm		4-4:50pm		
Beginner Tumble 2	7-7:50pm		4-4:50pm	5-5:50pm	
Advanced Tumble 2		4-5pm		5-5:50pm	
Tumble 3		4-5pm			
Tumble 4/5/6		4-5pm			
Jump & Flexibility		6-6:50pm			
UNITED ALL STARS					
Baby Boas		6-7pm			
Pythons			5-6:30pm		12:30-2:30pm
Vipers			6:30-7:30pm		4:30-6pm
Queen Cobras			7:30-9pm		2:30-4:30pm

Register online through our parent portal at www.unitedtumblingacademy.com or email Tanya at unitedtumbling@gmail.com (Make sure to filter your search to the correct Session dates to register for the correct classes.)

Class Descriptions

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. **(NOT CURRENTLY OFFERED)** Cost is \$11 per class or discounted for a session.

Pre-Tumble 1 (Ages 3 and 4): Athletes will learn the basic tumbling skills such as cartwheels, round-offs, forward and backward rolls, handstands and gross motor skills.

Beginner Tumble 1 (Ages 5-8): 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:** All level 1 skills, including a strong front and back walkover.

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:** All level 1 skills, including 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:** All level 2 skills, including a standing three back handspring series and 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:** All level 3 skills.

Tumble 5: This is an elite tumbling class that works standing tumbling to whips and layouts, teaches fulls, arabians, double fulls, etc. **Requirements:** All level 4 skills.

Tumble 6: This is an elite tumbling class that teaches standing tumbling to fulls and doubles, works doubles, arabians, 1 1/2 step out, etc. **Requirements:** All level 5 skills.

Open Gym: This class is open to everyone and offered for athletes to work on their own at their preferred pace. Staff will be present to help spot and supervise. Cost is \$5 per class per athlete who is currently enrolled in one of our other classes; \$10 per class per athlete who is not currently enrolled in another class.

Flexibility Class: This class will focus on stretching techniques with proper form to prevent injury and increase flexibility and mobility. It will also focus on strength training methods that target both large and small muscle groups for stability and control. Through this class, students will be taught techniques to use on a regular basis to help create a sustainable, strong, nimble, and capable body.

Jump Class: This class is all about improving your jumps. We will work a variety of drills to improve technique through your approach, flexibility, leg and arm placement, and landings. We will also incorporate plyometric drills to increase power through speed and strength.

Rec Cheer: Learn the basics of competitive cheer over an 8-week period. Athletes will learn a routine made up of jumps, motions, tumbling, and dance. At the end of the session athletes will have a routine which will be recorded and posted for parents and families to view on social media. Ages 6 -12. **(NOT CURRENTLY OFFERED)**

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 are set up in 30 minute increments. Cost is \$25 for ½ hour and \$45 for an hour lesson. Hour private lessons may be split between athletes. Cost is split between athletes unless there are 3 or more, cost is \$25 per athlete.