



# 2018 Class Schedule

June 2018 – v1

## Tiny Tumbling - \$6 per class

Tumbling Level	Schedule	Age
Introduction to Tumbling	Wednesday 4:00 PM – 4:30 PM	3-5

## Level 1 – 5 Tumbling - \$12 per class

Tumbling Level	Schedule	Age
Level 1	Tuesday 7:00 PM – 8:00 PM	5 & up
Level 2/3	Tuesday 6:00 PM – 7:00 PM Thursday 6:00 PM – 7:00 PM	5 & up
Level 4/5	Thursday 7:00 PM – 8:00 PM	5 & up

## Stretching & Flexibility - \$6 per class

Level	Schedule	Age
All Levels	Tuesday 5:30 PM – 6:00 PM Thursday 5:30 PM – 6:00 PM	4 & up

## Full Season Cheer Practice Schedule

### Senior 4.2

Monday and Wednesday 6:30 – 9:00

### Junior 1

Monday and Wednesday 4:30 – 7:00

### Mini 1

Tuesday and Thursday 4:00 – 6:00

### Tiny 1

Tuesday 5:00 – 6:00 (starts July 10)



**Facebook:** Infinite Athletics

**Instagram:** Infiniteathletics\_

**Twitter:** infiniteath\_

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## **Tiny Tumbling**

This class is designed to develop your child's physical and social abilities through body movement and group participation. This class will continue to develop gross motor skills through exciting obstacle courses and with tumbling equipment. Must be potty trained and able to participate on their own.

## **Level 1 Tumbling**

- o Forward Roll
- o Backward Roll
- o Handstand on the Floor for 10 Seconds
- o Handstand Against the Wall (stomach Facing) 15 Seconds
- o Standing Bridge to 5 second Hold with Kick Over to Lunge
- o Handstand to Bridge with Stand Up
- o Handstand to 1 Leg Bridge (mats) with 1 Leg Kick Over
- o Standing Bridge (with 1 leg to mat)
- o Cartwheel Left/Right (straight line)
- o Round Off
- o Power Hurdle into Round Off
- o 2 Step Power Hurdle into Round Off
- o Front Walkover
- o Back Walkover
- o Level 1 Specialty Pass

## **Level 2 Tumbling**

- o 2+ Front Walkovers
- o 2+ Back Walkovers
- o Round Off Back Handspring
- o Back handspring
- o Back handspring Step Out
- o One Arm Cartwheel
- o Front Handspring
- o Round Off to 2 Back Handsprings
- o Standing 3 Back Handsprings
- o Front Handspring Step Out Round Off Back Handspring
- o Level 2 Specialty Pass

## **Level 3 Tumbling**

- o Round Off Back Tuck
- o Round Off Back Handspring Back Tuck
- o Standing Back Handspring Series 3x
- o Front Tuck
- o Aerial
- o Front Handspring Punch
- o Standing Back Handspring Step Out Round Off Back Handspring
- o Front Handspring Step Out Round Off Back Handspring Back Tuck
- o Round Off 3 Back Handsprings to Back Tuck
- o Level 3 Specialty Pass

## **Level 4 Tumbling**

- o Lay Out
- o X- Out
- o Lay Out Step Out
- o Arabian Front
- o Back Handspring Back Tuck
- o Front Handspring Front Tuck
- o Standing Tuck
- o Front Flip Step Out Round Off Back Handspring to Layout
- o Whip Back Handspring through to Layout
- o Whip Layout
- o Level 4 Specialty Pass

## **Level 5 Tumbling**

- o Lay Out with Full Twist
- o Back Tuck Punch- Back Tuck
- o Whip - Whip Combo
- o Front Handspring Layout
- o Front Tuck Punch Front Tuck
- o Whip Combo through to Full
- o Back Tuck Punch Front Tuck
- o Power Hurdle Aerial
- o Standing Aerial
- o Standing Back Handspring Full Twisting Layout
- o Standing Full
- o One and a half Twisting Layout
- o Double Full Twisting Layout
- o Level 5 Specialty Pass