

TUMBLING

Beginner

Class length: 1 hour 15 min

- Theirs class is distend for entry level 1 tumblers who have little or no background in gymnastics or tumbling for ages 8+ years old. Our goal in this class is to introduce and master the following skills: rolls, handstand, cartwheel, round off, back bend, back walkover, front limber.

Intermediate

Class length: 1 hour 15 min

- Once skills at the beginner level 1 are mastered, athletes will move up to the intermediate group where they will be working on level 2 & 3 tumbling skills. These skills include: back walkover, front walkover, front handspring, back handsprings, connection of the round off back handspring

Advanced

Class length: 1 hour 15 min

- This upper level 4 & 5 tumbling class is designated for athletes who have mastered the beginner & intermediate levels and are working towards upper level tumbling skills. These advanced skills include; round off back handspring series, front tumbling series, standing back handspring series, standing back tuck, back handspring series incorporating whips, layouts, and/or full twisting layouts.