



2019 Class Schedule

JULY 2019 – v2

Tiny Tumbling - \$6 per class

Tumbling Level	Schedule	Age
Introduction to Tumbling	Wednesday 5:00 PM – 5:30 PM	2-5

Level 1 – 5 Tumbling - \$12 per class

Tumbling Level	Schedule	Age
Level 1	Monday 8:00 PM – 9:00 PM Tuesday 8:00 PM – 9:00 PM Thursday 7:00 PM – 8:00 PM	5 & up
Level 2/3	Monday 7:00 PM – 8:00 PM Tuesday 7:00 PM – 8:00 PM Wednesday 8:00 PM – 9:00 PM Thursday 8:00 PM – 9:00 PM	5 & up
Level 4/5	Wednesday 7:00 PM – 8:00 PM	5 & up

Jump Technique - \$12 per class

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

Stretching & Flexibility - \$6 per class

Level	Schedule	Age
All Levels	Monday 4:00 PM – 4:30 PM Wednesday 5:00 PM – 5:30 PM	5 & up

Stunting - \$12 per class

Level	Schedule	Age
All Levels	Wednesday 5:30 PM – 6:30 PM Thursday 5:30 PM – 6:30 PM	6 & up

IMPORTANT ANNOUNCEMENT

2019-2020 Prep Team Cheer

TRYOUTS AUGUST 5, 2019!

Prep Team Tryouts August 5, 2019 @ 7:00 PM

Ages 7 – 18

Low Cost

1 Practice a Week

4 Local Competitions

Contact us to get more information!!!



Facebook: Infinite Athletics

Instagram: Infiniteathletics_

Twitter: infiniteath_

Contact Info:

Tel: 209-844-5616

Email: info@infiniteath.com

Website: www.infiniteath.com

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