

Gymnastics Tumbling

INTRODUCTORY ages 4-6		Introductory Tumbling Program for 4-6 year olds					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
An introduction to tumbling, participants can choose 1 class per week or for an accelerated start, choose 2 classes per week.		6:00-6:45	4:15-5:00	6:00-6:45		4:15-5:00 5:00-5:45	11:45-12:30
INTRODUCTORY ages 6+		Introductory Tumbling Program for kids 6 and older					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
An introduction to tumbling, participants can choose 1 class per week or for an accelerated start, choose 2 classes per week.		4:15-5:00	5:00-5:45	6:45-7:30	5:15-6:00	6:45-7:30	10:00-10:45
BASICS		After Intro, Basics builds a solid foundation of necessary skills					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Program for establishing the foundational skills (Round offs, Handstands, bridge kickovers,...). Must have graduated INTRODUCTORY or pass a skills test to register. Can choose to do 1 per week or for accelerated growth, choose to do both.			6:30-7:30		4:15-5:15	5:45-6:45	10:45-11:45
INTERMEDIATE 1		After Basics, Intermediate 1 teaches next level skills					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After establishing a good foundation, Intermediate 1 builds those next level skills (kick overs, holding handstands, 1 handed cartwheels, cartwheels on beam,...). Must have graduated Basics or pass a skills test to register. Must attend at least one Flexibility & Conditioning class each week.		6:45-7:45		7:30-8:30			
INTERMEDIATE 2		After Intermediate 1, Level 2 teaches handsprings, arials, and more					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After Intermediate 1, Level 2 coaches back/front handsprings, Round-off Back handspring, Must have graduated Intermediate 1 or pass a skills test to register. Must attend both weekly sessions and at least one Flexibility & Conditioning class each week.		5:00-6:00	7:30-8:30	5:00-6:00	6:45-7:45		
CHEER TUMBLING AGES 8-11		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This program is designed to help cheerleaders (or future cheerleaders) gain important tumbling skills (back handsprings, arials,...). Also perfect for students who have no interest in bar, beam apparatus, but LOVE to tumble. MUST have a cartwheel and bridge to join.						7:30-8:15	
CHEER TUMBLING AGES 12+		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This program is designed to help cheerleaders (or future cheerleaders) gain important tumbling skills (back walkovers, one-handed cartwheels, back handsprings, arials,...). MUST have a roundoff and bridge to join.		7:45-8:45					
FLEXIBILITY & CONDITIONING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A requirement for Intermediate 1, Intermediate 2, and Advanced. Strongly recommended for Basics, and optional for all other levels. This will build the flexibility and strength that often gets students over the "plateau" and on to the next level or skill.				6:45-7:15	7:45-8:15		

Tiny Tumbler & Kinetic Agility Programs

TINY TUMBLERS with adult		Introductory Tumbling Program for 2 and 3 year olds					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Each participant is required to have an adult in class with them.			5:45-6:30	4:15-5:00			
TINY TUMBLERS all me		Introductory Tumbling Program for 2 and 3 year olds					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Each participant must be ready to participate in class on their own.			5:45-6:30		6:00-6:45		9:15-10:00
KINETIC AGILITY with adult		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Part social, part cognitive, and a BIG part physical. Classes build coordination as well as strength. Considered our fun pre-gymnastics class for littles crawling through two years old.				4:30-5:00			