

Schedule

TUMBLE 1

Mondays 5:00-6:00

Thursdays 5:00-6:00

TUMBLE 2

Mondays 7:00-8:00

Wednesdays 5:00-6:00

TUMBLE 3

Mondays 8:00-9:00

Tuesdays 7:00-8:00

Thursdays 6:00-7:00

TUMBLE 4/5/6

Tuesdays 8:00-9:00

Wednesdays 6:00-7:00

Thursdays 7:00-8:00

TUCKS

Wednesday 7:00-8:00

FLEX ZONE

Mondays 6:00-7:00

Wednesdays 5:00-6:00

TINY TUMBLING

Wednesdays 5:00-6:00

OPEN GYM

Fridays 5:00-7:00

Pricing

GENERAL

\$15/Class for a Walk-In

\$20/Open Gym

UNLIMITED PACKAGES

Includes Classes & Open Gyms

\$120 - 1 Month

\$300 - 3 Months



Class Descriptions & Requirements

- TUMBLE 1** No requirements. Athletes will work on basic tumbling skills to back walkover. Ages 5 & Up
- TUMBLE 2** Athletes must have a back walkover on the floor without a spot and clean technique in order to attend this class. Athletes will work on standing back handspring, running back handspring, and specialty to back handspring. Ages 5 & Up
- TUMBLE 3** Athletes must have a standing back handspring and round off back handspring on the floor without a spot and clean technique in order to attend this class. Athletes will work on connecting multiple back handsprings, round-off back handspring tucks, and specialty to tucks. Ages 5 & Up
- TUMBLE 4/5/6** Athletes must have standing multiple back handsprings and a round-off back handspring tuck on the floor without a spot and clean technique in order to attend this class. Athletes will work on standing tucks, jumps to tuck, standing multiple back handsprings to tuck/layout/full/double full, running back handspring layout/full/double full, and specialty to layout/full/double full. Ages 7 & Up
- TUCKS** Athletes must have a standing back handspring without a spot and a round off back handspring tuck/round-off tuck on the floor without a spot and clean technique in order to attend this class. Athletes will focus on standing tucks and perfecting their overall tuck technique. Ages 5 & Up
- FLEX ZONE** No requirements. This is a stretching class designed for athletes who are looking to enhance their flexibility. Increased flexibility will improve jumps and flying skills. Ages 4 & Up
- TINY TUMBLING** No requirements. Athletes will work on basic tumbling skills, drills, and body shapes. Ages 3-5

\$40 Membership Fee

The Membership Fee is DUE when you attend your first class, it is renewed each May, regardless of when you join.

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