

Tumbling Classes

**** Athletes Will Not Be Allowed to Attend a Class if They do not Have the Required Skills****

Progressions And Schedule:

☐ **Preschool:**

TIMES: TH: 5:00, SAT: 10:00, Under 5 Years Old

☐ **Starting Point-Basic:**

Forward Roll, Bridge Kick Over, Backward Roll, Handstand Forward Roll, Fall to bridge, Front Limber, Cartwheel/Roundoff, FWO/BWO **MUST BE AT LEAST 5 YEARS OLD**

*****Skills Required For Advancement*****

FWO/BWO (perfected)

TIMES- M: 4:00, M: 7:00, T: 4:00, T: 5:00, W: 5:30, W: 6:00, TH: 6:00, SAT: 9:30

☐ **Beginner:**

Front Walkover, *Back Walkover*, Standing BHS, BHS pause BHS, Round Off BHS, Front Handspring, BWO Back Handspring, Round Off BHS series, FWO Round off BHS series, Standing BHS x3

*****Skills Required For Advancement*****

Round off BHS series (perfected), FWO round off BHS (perfected), Standing BHS x3(perfected)

TIMES- M: 5:00, T: 6:00, W: 4:00, TH: 7:00, SAT: 10:30

☐ **Intermediate:**

Standing BHS x3, *FWO Roundoff BHS*, *Roundoff BHS series*, Roundoff BHS Tuck, Standing Tuck, FWO RO BHS Tuck, Punch Front (land), Standing BHS x3 x2 x1 to Tuck, FWO RO BHS step out, RO BHS Tuck

*****Skills Required For Advancement*****

Specialty to Tuck *Punch Front or FWO* (perfected), Standing BHS x1 x2 x3 to Tuck (perfected), Standing Tuck (perfected)

TIMES- M: 6:00, W: 5:00, TH: 4:00, SAT: 11:30

☐ **Advanced:**

Specialty to Tuck, *SBHS x1 x2 x3 to Tuck*, * Standing Tuck*, RO BHS Layout, RO BHS Full, SBHS to Layout, x2 SBHS to Layout, x3 SBHS to Layout, x3 SBHS to Full, Specialty to Layout, Specialty to Full, RO BHS Double, Standing Full

*****Skills Required For Advancement*****

SBHS to Full, Specialty to Full, RO BHS Double, Standing Full

TIMES- T: 7:00, SAT: 11:30