

Requirements and Descriptions of Classes offered

Beginner 1

Requirements: None

This class teaches the basics of tumbling. They will learn handstands, cartwheels, forward and backward rolls, round-off and bridges.

Beginner 2

Requirements: Cartwheel, Bridge and Handstand

This class will perfect the round-off and teach walkovers and handsprings.

Intermediate 1

Requirements: Round-Off, Standing Back Handspring

This class will perfect the standing back handspring and will teach round-off back handspring and multiple back handsprings.

Intermediate 2

Requirements: Round-Off Back Handspring, Standing Back Handspring, Front/Back Walkover

This class will perfect standing and running multiple back handsprings and will teach front & back tucks, and different tumbling combinations incorporating handsprings and walkovers.

Advanced

Requirements: Running Multiple Back Handsprings, Round-Off Back Handspring Back Tuck

This class will perfect the standing back tuck and will teach back pikes, layouts and other specialty skills.

Boys Class

Requirements: None

This class is for boys only. The class will teach basic tumbling skills based on their abilities and will work on learning body control.

Trampoline

Requirements: None

This class is Trampoline only and will work on basic trampoline skills based on their abilities.

Cheer Tumbling, Beginner

Requirements: None

This class is for high schoolers, they will learn handstands, cartwheels, forward & backward rolls, round-off, bridges and back handsprings.

Cheer Tumbling, Intermediate

Requirements: Standing Back Handspring, Round-Off Back Handspring

This class is for high schooler. They will be working on multiple back handsprings, tucks, and tumbling combinations involving handsprings, walkovers, and tucks.

Tuck Class

Requirements: Multiple Back Handsprings

This class will teach standing and running back & front tucks.

Standing Tuck

Requirements: None

This class is for those just wanting to learn a standing back tuck.

Twisting

Requirements: Running layout and standing back tuck

This is an upper level class that will teach back and front twisting.