



*All Stars*

**\$12 PER CLASS**

# TUMBLING CLASSES

At Top Gun, safety is **ALWAYS** our top priority. Our certified instructors are prepared to take athletes all ages and skill levels through the proper progression necessary for developing both the physical and mental technique and strength needed to perform skills with confidence, consistency and great execution! Athletes **MUST** be able to demonstrate a mastery of all prior skills before moving onto the next. Please see the charts below for more detail

## BEGINNING TUMBLING

### Requirement

Ages 5-10

### Curriculum

Bridge, Bridge Kickover,  
Cartwheel, Forward  
Roll, Handstands

### Schedule

M 5:15 – 6:00

Th 5:30 – 6:15

## LEVEL 1

### Requirement

Backbend + Cartwheel

### Curriculum

BWO, Multiple BWO,  
Back Ext. Rolls, Valdez,  
FWO, Round Off

### Schedule

T 6:15 – 7:15

W 5:15 – 6:15

## BHS CLASS

### Requirement

All Elite Level 1 Skills

### Curriculum

Standing BHS, Round  
off BHS

### Schedule

M 7:30 – 8:30

T 5:15 – 6:15

TH 7:30 – 8:30

## LEVEL 2

### Requirement

BWO BHS, Round off 2  
BHS

### Curriculum

BWO BHS, BHS Stepout,  
T jump BHS, Bounders,  
Front Handsprings

### Schedule

T 7:30 – 8:30

W 6:15 – 7:15

## LEVEL 3

### Requirement

RO Tuck, RO BHS Tuck,  
St. 3 BHS

### Curriculum

BHS Step out BHS,  
Jump Tumbling, Punch  
Front, Aerial

### Schedule

T 7:30 – 8:30

W 7:30 – 8:30

## LEVEL 4 + 5

### Requirement

All Elite Level 3 Skills

### Curriculum

Tuck, BHS Tuck/Layout,  
Jump Tumbling, Whip,  
Layout/Full, Punch  
Front Stepout, Arabian

### Schedule

M 6:00 – 7:00

Th 6:15 – 7:15

**TO REGISTER: CLICK HERE**

Reminder that athletes should only participate in **one level** of tumbling classes.  
Example: an athlete should **NOT** be in tumbling 301 & level 3.



\*WE ENFORCE A STRICT 8 HOUR CANCELLATION POLICY. TO CANCEL, EMAIL [BUCKLEY@TOPGUNSWFL.COM](mailto:BUCKLEY@TOPGUNSWFL.COM) OR YOU WILL STILL BE CHARGED.