



Specialty & Tumbling Classes

* Included in tuition*

Monday

- 6:00 – 7:00 Flexibility (\$10)
- 6:00 – 7:00 Level 5 Tumbling* (Required: Full. Working on technique & specialty level 5 skills)
- 7:00 – 8:00 Jump Class (\$10)
- 7:30 – 8:30 Level 4 Tumbling* (Required: Adv. Level 3 skills. Working on technique & specialty level 4 skills)

Tuesday

- 6:00 – 7:00 Flexibility (\$10)
- 6:00 – 7:00 Level 1 Advanced* (Required: Back walkover. Working on technique & specialty level 1 skills)
- 7:00 – 7:30 Level 1* (No requirements. Working on basic level 1 skills)
- 7:30 – 8:30 Tuck Technique* (Required: Tuck. Working on technique of tucking skills)

Wednesday

- 5:15 – 6:00 Level 1 7 & under* (Required: age 7 and below. Beginner class)
- 6:00 – 7:00 Jump Class (\$10)
- 6:00 – 7:00 Level 3 Tumbling* (Required: RO Tuck & RO BHS Tuck. Working on technique & specialty level 3 skills)
- 7:30 – 8:30 BHS 101* (Required: Adv. level 1 skills. Working on getting & technique of back handsprings)

Thursday

- 5:00 - 5:30 Tiny Tanks- 2 & 3 year olds (\$8)
- 5:15 – 6:00 Level 1 7 & under* (Required: age 7 and below. Beginner class)
- 6:00 – 7:00 Jump Class (\$10)
- 6:00 – 7:00 Level 2* (Required: St. BHS & RO BHS. Working on technique & specialty level 2 skills)
- 7:00 – 8:00 Flexibility (\$10)
- 7:00 – 8:00 Level 4/5* (Required: Basic level 4 skills. Working on Technique of level 4-5 skills)

Friday (Except movie nights)

- 5:30 – 6:30 Level 1 Tumbling*
- 6:30 – 7:30 Intro to Tuck*
- 7:30 – 8:30 Level 3-5 Tumbling*

*Movie Nights: August 27, September 10, October 29, November 5, December 17, January 7, February 4