



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

BEGINNER TUMBLING

Requirement

Ages 5-10

Curriculum

Bridge, Bridge Kickover, Cartwheel, Forward Roll, Handstands

Schedule

M 5:30 – 6:15

LEVEL 1

Requirement

Backbend KO + Cartwheel

Curriculum

BWO, Multiple BWO, Back Ext. Rolls, FWO, Round Off, BHS Prep

Schedule

W 5:15 – 6:15

TH 5:15 – 6:15

BHS CLASS

Requirement

3x BWO, Round off

Curriculum

BHS Basics, BWO BHS, RO BHS

Schedule

M 7:30 – 8:30

T 7:30 – 8:30

LEVEL 2

Requirement

BWO BHS, Round off 2 BHS

Curriculum

BWO BHS, BHS Stepout, Bounders, Front Handsprings

Schedule

M 7:30 – 8:30

T 7:30 – 8:30

W 6:15 – 7:15

TH 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 6:15 – 7:15

W 6:15 – 7:15

W 7:30 – 8:30

TH 7:30 – 8:30

LEVEL 4 - 5

Requirement

All Elite Level 4 Skills

Curriculum

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

Schedule

M 6:15 – 7:15

W 7:30 – 8:30

TH 7:30 – 8:30

[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 OR YOU WILL STILL BE CHARGED.