

CLASS DESCRIPTIONS: FALL TUMBLING SESSION

Beginner Basics: (Ages 2-3 yrs) From cartwheels, forward rolls, round offs... working on the skills needed until the athlete ages into Basic Youth class.

Basics * Youth:
(Ages 4 - 9 yrs)

Basics * Teens:
(Ages 10 – 18yrs)

This class is designed for the athlete who is just beginning tumbling. Cartwheels, round-offs, bridges, basic skills, this class is specifically designed for the new tumbler.

Advanced BHS:

*****Part of the Basics Class*****

Students must fulfill the basic requirements in the Basics class in order to move on to more advanced basic skills, such as bridge kickover, back walkover and fine tune skills that lead them into BHS 101.

Back Handspring 101: The goal... to achieve a standing as well as a round off back handspring while working on proper form. **must have a cartwheel, round off and back walkover for admittance

Adv. BHS: Learn to connect a series of both standing and running back handsprings (bhs) while improving overall form. **must have standing and round off back handspring (bhs)

Open Gym: This is an opportunity for the athletes to work on skills they would like to work on independent of specific instruction. This is NOT an instructional class! \$5 for UA Members and \$8 for Non-UA Members.

CheerMAX: Do you need to perfect your motions, fix those jumps and understand what cheer coaches are looking for? This class is for you! Physically prepare yourself to be a better cheerleader!

Beginner Tuck: Students are learning the basics of the Tuck body position, round-off bhs tucks and round-off tucks; concentration is on running skills and the basic drills for learning a tuck **Must have 3 round-off bhs and standing 3 bhs with perfect technique to register.

Advanced Tuck: By recommendation only; this class concentrates on standing skills into a tuck, working on the speed and precision of the bhs and tuck form **Must have a beautiful: round-off bhs tuck and round tuck to participate

Layout Class: Perfecting body form and height of the layout, this class is designed to teach the athlete how to execute a layout correctly. *must have a round off BHBT and stand series BHBT for admittance

Twisters Class: This class is by recommendation only and teaches the form and technique of a single full. **must have a layout; standing back tuck and toe touch BHBT for admittance

Elite Twisters Class: Double fulls and standing fulls are the goal of this class; from correct technique to elite skills. **must have a full twist and completed elements from twisters for admittance.

Flex Zone: This class is designed to help athletes looking to push their flying skills. Open to all ages and ability

Flight School: Whether you're currently a flyer looking to improve or increase your skills or working to become a flyer... this class is for you! Learn beginner thru advanced skills in a progression format!! *Cost is \$100 per eight week session.