



# GEMSTONES TUMBLING

## Spring 2019 Schedule



**Trillion Tumblers:** A parent participation class, this class is designed to help children become more independent and self-sufficient. Children will learn to listen, follow directions, and take turns with other children, while developing their gross motor skills with warm up and stretching and tumbling skills using a slightly more difficult obstacle course. With all this we still have tons of fun!

**Jubilee Tumblers 1:** In this class children are ready to be on their own while parents enjoy watching from above in our quiet, relaxing parent viewing area! Children get to cruise through a

<u>CLASS</u>	Trillion Tumblers 24 Months 45 minutes	Jubilee Tumblers 1 AGE 3 45 minutes	Jubilee Tumblers 2 AGE 4 60 minutes	Jubilee Tumblers 3 Age 5 60 minutes	Gemstone Drop in Age 6 & under
MON					10:00-12:00
TUES	6:00	6:00	5:00	5:00	
WED					
THURS					10:00-12:00
SUN					
<b>Class Fee</b> <b>Additional \$20 SCA member fee for new members</b>	\$90	\$90	\$100	\$100	\$5

super fun, yet challenging obstacle course with more advanced activities. The children will also learn beginning tumbling skills on specialized equipment designed especially with little people in mind! Not only do all the activities in this class help children develop their balance and coordination as well as their strength and flexibility, they will also learn to follow directions, take turns and participate in a structured class without their parents by their side.

**\*Children must be 3 by March 31 to register for this independent class and be able to use the washroom independently, or have a guardian present to assist - NO EXCEPTIONS\***

**Jubilee Tumblers 2:** In this class most kids already have some sort of preschool or school experience and are comfortable being on their own, allowing parents to relax up in our parent viewing area knowing their gems are in good hands. This class focuses on teaching kids the basics of tumbling which helps develop gross motor skills, balance and coordination, and strength and flexibility. Tumbling creates a great foundation for any sport a child may decide to participate in, as they get older. This is a great class to help reinforce the structure they are taught at school while still having fun in a positive, motivational environment. Classes include a warm up, circuits on floor and tumbling equipment and play time.

**Jubilee Tumblers 3:** Children will review tumbling basics and begin to build on some of the basics they have learned by modifying skills to offer new challenges. Children will explore more movement and awareness through games and activities designed to promote physical fitness. Classes include a warm up, circuits on floor, and play time. Completion of Jubilee Tumblers 3 levels will have your little Gem ready to move into the Marquise program!

All classes are subject to change, be combined or cancellation due to registration numbers.

## Welcome to the Marquise Tumbling Program

### For ages 6 and up

<b>CLASS</b> All classes are subject to GST	<b>Ninja Tumbling</b> Boys Ages 4-6 60 minutes	Marquise 1 Age 6-8 Lv 1A 60 minutes	Marquise 1 Age 6-8 Lv 1 60 minutes	Marquise 1 Age 6-8 Lv 2A 60 minutes	Marquise 2 Age 9-11 Lv 1 60 minutes	Marquise 2 Age 9-11 Lv 2A 60 minutes	Marquise 2 Age 9-11 Lv 2 60 minutes	Marquise 2 Age 9-11 Lv 3 75 minutes	Marquise 3 Age 12-14 Lv 1 & 2 60 minutes	Marquise 3 Age 12-18 Lv 3-5 75 minutes
<b>MON</b>	5:00	4:00	4:00	6:00	5:00	6:00	6:00			
<b>TUES</b>							6:00	7:00	6:00	7:00
<b>WED</b>										
<b>THURS</b>	5:00	6:00	6:00		7:00					
<b>SUN</b>										
<b>Class Fee</b> Additional SCA member fee\$20 (if not a member)	<b>\$90</b>	<b>\$90</b>	<b>\$90</b>	<b>\$90</b>	<b>\$105</b>	<b>\$105</b>	<b>\$105</b>	<b>\$115</b>	<b>\$115</b>	<b>\$115</b>

All classes are subject to change or cancellation due to registration numbers.

The Marquise Tumbling program is based on the USASF levels.

Level 1A - rolls, cartwheel, handstand, bridges, round off and bridges

Pre-requisite: None

Level 1- handstands, front walkovers and back walkovers

Pre-requisite: cartwheel, handstand and fall to bridge

Level 2A - back handsprings

Pre-requisite: handstands, front walkovers and back walkovers

Level 2 - front and back handspring and round off handspring

Pre-requisite: front and back walkover and round off

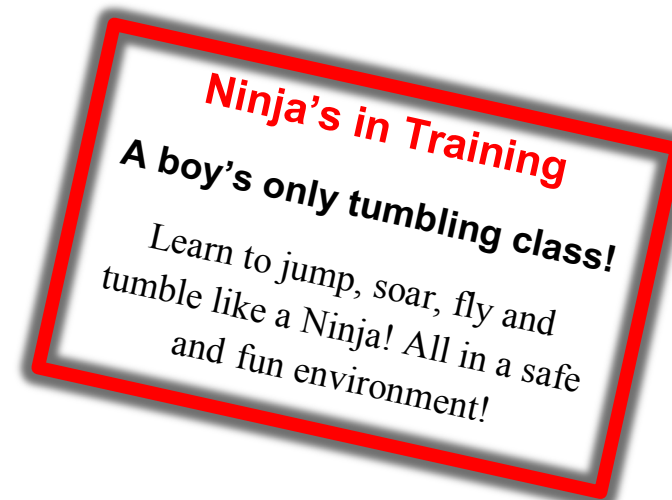
Level 3 - standing handspring series, front tucks, round off hand tuck and jump handspring combination

Pre-requisite: handspring on floor and round off handspring on floor

Level 4 - standing back tuck, handspring series to back tuck, layout, front tuck step out, whip and x out

**Classes Start May 6<sup>th</sup>**

**And are 6 weeks long!**



**Go to [www.warmanultimatecheerlading.com](http://www.warmanultimatecheerlading.com) to register today or call 306-384-0111 for more information.**