

# United Talent

## Tumbling Class Descriptions

### 2014-15 Season



## Regular Tumbling, Cheer Tumble Basic & Boys Tumble

### **SUB BEGINNER: Level 1**

This level of tumbling is intended for the youngest age who have no to a very limited experience in tumbling and gymnastics. We will introduce the students to body positions, muscle control and body awareness that is used throughout tumbling. This will set the basis for the techniques needed to progress to more advanced skills. The body will start to develop strength, flexibility, balance and agility. The class will focus on, but not be limited to, basic tumbling skills such as forward rolls, bridges, and donkey kicks that are the foundation for future skills needed to progress to the next level of tumbling.

#### STAR Program Tested Skills: Level 1

1. Pike Position
2. Squat Position
3. Straddle Position
4. Tuck Position

### **BEGINNER: Level 2**

This level of tumbling is intended for students who are beginning to develop their understanding of basic tumbling techniques. We will continue to develop body awareness, muscle control and flexibility while introducing the first most basic tumbling skills. This class will focus on, but not be limited to, the forward roll, cart wheel, headstand and bridge which will be tested to progress to the next level of tumbling. Students will also start work on the handstand, kickovers and roundoffs.

#### STAR Program Tested Skills: Level 2

1. Forward Roll
2. Cart Wheel
3. Headstand
4. Bridge

### **ADVANCED BEGINNER: Level 3**

This level of tumbling is for students who have advanced body awareness and body control. We will start to mature the students' understand of backward moving skills and the inverted positions that are used throughout more advanced levels of tumbling. This class develops the building blocks for multiple connected skills (such as the roundoff back handspring). This class will focus on, but not be limited to, the backwards roll, backbend kickover, handstand forward roll and the running roundoff rebound, which

will be tested to progress to the next level of tumbling. Students will also begin work towards the standing back handspring and front walkover.

STAR Program Tested Skills: Level 3

1. Backwards Roll
2. Backbend Kickover/Back Walkover
3. Handstand Forward Roll
4. Running Roundoff Rebound

**INTERMEDIATE: Level 4**

This level of tumbling is for students who are transitioning into power tumbling. This class finalizes all abilities, skills and techniques for advanced tumbling skills. Students will hone the back walkover and roundoff, and will progress to the back handspring and roundoff back handspring. The back handspring and the roundoff back handspring are the first power flipping skills our students will achieve. This is the last level before true power tumbling skills are developed. This class will focus on, but not be limited to, the standing back handspring, roundoff back handspring and the front walkover, which will be tested to progress to the next level of tumbling. Students will also begin work towards standing back handspring series and roundoff back handspring series.

STAR Program Tested Skills: Level 4

1. Standing Back Handspring
2. Roundoff Back Handspring
3. Front Walkover

**ADVANCED: Level 5**

This level of tumbling is for students who are ready to start true power tumbling. Students should have a proficient standing back handspring and standing back handspring rebound as well as a proficient roundoff back handspring rebound. This class begins the complete (“no hands”) flipping skills started from the feet and landed with the feet, i.e. the back tuck, whip and the front tuck. This class will focus on synchronizing multiple repetitive back handspring skills and the back tuck. Students will progress towards integrating complete flipping skills with roundoff back handsprings. This class will focus on, but not be limited to, the standing back handspring series, roundoff back handspring series, roundoff whip or back tuck and the standing back tuck.

STAR Program Tested Skills: Level 5

1. Standing Back Handspring Series
2. Roundoff Back Handspring Series
3. Roundoff Whip or Back Tuck
4. Standing Back Tuck

**ELITE: Level 6**

This level of tumbling is for students who have proficiency in all forms of the roundoff, back handspring and back handspring series, and the back tuck. Students will learn to integrate bounding skills (such as

whips) and transitioning skills into their tumbling (such as front tuck step outs) into a series of connected tumbling skills. This class will also introduce incorporating twists into flipping skills. The class will focus on, but not be limited to, roundoff back handspring series to back tuck and layout, roundoff whip backhandspring series, front tuck stepout roundoff back handspring series, roundoff back handspring series to full twisting layout.

STAR Program Tested Skills: Level 6

1. Roundoff Back Handspring Series to Back Tuck
2. Roundoff Whip Back Handspring Series
3. Front Tuck Stepout Roundoff Back Handspring Series
4. Roundoff Back Handspring Series to Full Twisting Layout

## **CHEER TUMBLE BASIC**

This level of tumbling is intended for students who start tumbling older in age. It is directed towards a set of key tumbling skills needed for cheerleading. These skills include, but are not limited to, the back walkover, roundoff and back handspring. We will focus on these skills in an effort to expedite the process of learning to tumble for cheerleaders as opposed to the wider range of skills and abilities instructed in our other regular tumbling classes.

This class has a separate set of skills for our STAR Program.

STAR Program Tested Skills: Level 1

1. Cart Wheel
2. Standing Roundoff Rebound
3. Running Roundoff Rebound
4. Backbend

STAR Program Tested Skills: Level 2

1. Back Walkover
2. Front Walkover
3. Powerhurdle Roundoff Rebound

## **BOYS TUMBLE**

These tumbling classes are specifically designed and limited to boys. These classes are instructed by a male instructor. The classes focus on the same skills as our regular tumbling classes, however, the class repertoire will be adjusted according to the skill levels of each class.

**\*\*MALE STUDENTS ARE NOT LIMITED TO THESE CLASSES\*\***

This class has a separate set of skills for our STAR Program.

STAR Program Tested Skills: Boys Level 1 (Sub Beginner)

1. Pike Position
2. Squat Position
3. Straddle Position

4. Tuck Position

STAR Program Tested Skills: Boys Level 2 (Beginner)

1. Forward Roll
2. Cart Wheel
3. Headstand/Handstand (Held for 3 seconds)
4. Bridge (Held for 5 seconds without head touching)

STAR Program Tested Skills: Boys Level 3 (Advanced Beginner)

1. Backwards Roll
2. Handstand Fall to Bridge (5 seconds)
3. Handstand Forward Roll
4. Running Roundoff Rebound

STAR Program Tested Skills: Boys Level 4 (Intermediate)

1. Standing Back Handspring
2. Roundoff Back Handspring
3. Front Handspring

STAR Program Tested Skills: Boys Level 5 (Advanced)

1. Standing Back Handspring Series
2. Roundoff Back Handspring Series
3. Roundoff Whip or Back Tuck
4. Standing Back Tuck

STAR Program Tested Skills: Boys Level 6 (Elite)

1. Roundoff Back Handspring Series to Back Tuck
2. Roundoff Whip Back Handspring Series
3. Front Tuck Stepout Roundoff Back Handspring Series
4. Roundoff Back Handspring Series to Full Twisting Layout

We offer 3 different boys classes based on age:

1. Boys Tumble Age 5-8yrs
2. Boys Tumble Age 9+yrs
3. Boys Tumble Age 5+yrs

## **REGULAR TUMBLING, CHEER TUMBLE BASIC & BOYS TUMBLE PRICING**

- Regular Tumbling and Cheer Tumbling Basic Pricing
- All regular classes are one hour at \$55 per month
- Additional class is additional \$25 per month

## **ADDITIONAL CLASSES & TEAMS**

### **CHEER PREP TEAM**

This Program is designed to replicate the experience of being on a competitive cheer team. We will cover a wide range of cheerleading skills from motions and jumps to stunts and pyramids to tumbling and everything in between. Involvement with this program lets the student experience being part of a team as well as to understand the expectations of team membership and the way that a practice is conducted.

As with all competitive teams, each student will also get his or her own uniforms that are worn depending on the practice day. This uniform consists of a shirt and shorts as well as a bow for each uniform. These uniforms are required to be worn on the appropriate day of practice each week.

Practice will be used to teach the basics of cheerleading and improve skills. Throughout the season each team will learn and perfect a cheerleading routine and will participate in multiple showcases (as well as possibly competing) to perform this routine.

We highly suggest this program for anyone interested in trying out for a competitive cheerleading team.

There are 3 different teams:

1. Tiny
    - Practice for 1 hour 2 times per week
    - \$75 per month
  2. Youth
    - Practice for 1 hour 2 times per week
    - \$75 per month
  3. Junior
    - Practice for 1.5 hours 2 times per week
    - \$85 per month
- Membership on this team includes free Open Gym
  - **Summer Cheer Prep is only for new students wishing to join Cheer Prep starting in August!**

### **OPEN GYM**

Open Gym is treated as free time to work independently on skills in the gym. An instructor will be present to help with minor assistance and for safety; however, Open Gym is not treated as an instructed class.

- All participants must have a waiver release on file
- Season Pass: \$150
- Single Visit: \$10

### **Shamrock Stars**

The Shamrock Stars is a class designed for students with disabilities. The class is limited in numbers and is treated as a semi-private 35 minute lesson. This allows for more attention to each student and his or her specific needs. See program director for details.

The class follows the same program as our regular classes and is included in our STAR Program.

- Class: \$30 per month

## **Xtreme Team**

Xtreme Team is a showcase tumbling team that displays all levels of our tumbling program. These students will have multiple appearances in both local venues and short travel venues. This team offers a chance for our students to showcase their talent in a 6 minute choreographed routine featuring rhythmic, power tumbling and trampoline.

- This team is invite only
- Includes 1 hour class per week (Regular class of your choosing in appropriate skill level)
- Team practice is mandatory 2 times per month
- Team Membership: \$80 per month
- Membership on this team includes free Open Gym