



TUMBLING & CHEER CLASS SCHEDULE

www.fusionkidscenter.com

831-801-3343

Updated 5/19/22

Fusion Elite All Stars Cheer & Tumbling Classes

Tumbling focuses on skills from rolls, handstands, cartwheels through back handsprings and running tumbling skills. Tumbling classes do not train on gymnastics apparatus like beam, bars or vault.

Tumbling classes are open to boys and girls. While cheerleaders often take these classes to sharpen their skills for cheer teams, you do NOT need to be a cheerleader to participate.

Class Pricing

1 Class Per Week - \$70/month

2 Classes Per Week - \$100/month

Unlimited Classes - \$150/month

For the 1 or 2 class per week option, you must choose your class time/day upon registration. For the unlimited option, there is no pre-selected class days/times required. Classes continue to re-enroll monthly at your chosen rate unless you submit a written 2-week drop notice at the front desk. Tuition is still due during the 2-week drop window. \$50 annual registration is due in January (pro-rated for mid-year starts.)

Tiny Tumbling (3-5 Year Olds)

Focuses on rolls, handstands, cartwheels and round offs, this fundamental class teaches the basics of tumbling in a fun play and learn environment.

Mondays 4:45-5:30pm with Briana
Mondays 5:30-6:15pm with Briana
Wednesdays 4:45-5:30pm with Izzy
Thursdays 5:30-6:15pm with Lexi
Sundays 12:15-1:00pm with Lexi

Level 1 Tumbling (BEGINNER)

No experience necessary – focuses on proper technique in beginning tumbling: rolls, handstands, cartwheels, round offs, front and back walkovers

Mondays 4:30-5:30pm with Jasman
Tuesdays 4:30-5:30pm with Maddie
Tuesday 6:15-7:15pm with Xavier
Tuesdays 7:15-8:15pm with Mike
Wednesday 4:30-5:30pm with Xavier
Wednesday 7:15-8:15pm with Jacob
Thursdays 4:30-5:30pm with Maddie
Thursdays 7:15-8:15pm with Jacob
Saturdays 10:00-11:00am with Jasman
Sundays 1:00-2:00pm Jasman
Sundays 2:00-3:00pm with Jasman
Sundays 3:00-4:00pm with Jasman

Level 2 Tumbling (INTERMEDIATE)

Focuses on handsprings and passes ending in handsprings. Solid front and back walkover required

Tuesdays 4:30-5:30pm with Xavier
Wednesdays 4:30-5:30pm with Jasmine
Wednesdays 7:15-8:15pm with Jacob
Thursdays 4:30-5:30pm with Jasman
Thursdays 7:15-8:15pm with Mike
Saturdays 11:00am-12:00pm with Jasman
Sundays 12:00-1:00pm with Jacob
Sundays 1:00-2:00pm with Jasman
Sundays 2:00-3:00pm with Jasman
Sundays 8:00-9:00pm with Jacob

Level 3 Tumbling (ADVANCED)

Focuses on round off handspring tucks, punch fronts, standing series and jump handspring combos. Solid round off series handsprings required

Monday 4:30-5:30pm with Efrain
Monday 6:15-7:15pm with Jacob
Monday 7:15-8:15pm with Mike
Tuesday 4:30-5:30pm with Jasmine
Wednesday 4:30-5:30pm with Efrain
Wednesday 6:15-7:15pm with Jacob
Thursdays 4:30-5:30pm with Jasmine
Thursdays 6:15-7:15pm with Mike
Saturdays 12:00-1:00pm with Jasman
Sundays 4:00-5:00pm with Jacob
Sundays 2:00-3:00pm with Jacob
Sundays 7:00-8:00pm with Jacob

Level 4+ Tumbling (ADVANCED)

Experience required – focuses on all level 4-5 skills including layouts, fulls, standing tucks and all level 4-5 running passes

Mondays 4:30-5:30pm with Efrain
Mondays 6:15-7:15pm with Jacob
Tuesdays 4:30-5:30pm with Jasmine
Wednesday 6:15-7:15pm with Jacob
Thursdays 4:30-5:30pm with Jasmine
Thursdays 6:15-7:15pm with Mike
Saturdays 12:00-1:00pm with Jasman
Sundays 2:00-3:00pm with Jacob
Sundays 5:00-6:00pm with Jacob
Sundays 6:00-7:00pm with Jacob
Sundays 7:00-8:00pm with Jacob

Jumps

Focuses on strength/flexibility to improve jumps. Teaches technique & drills for higher, hyperextended jumps

Tuesdays 4:45-5:30pm with Ari

Fly & Flex Classes

Focuses on core and hip flexor strength, flexibility, and body control. Flyers will work on body positions; non-flyers will greatly improve flexibility for stunts and tumbling.

Wednesdays 4:45-5:30pm with Celia
Thursdays 4:45-5:30pm with Briana

GO Ninja Classes

Ninja combines elements of tumbling, free-running, parkour, tricking and ninja warrior! For those little guys and gals that want to learn athletic elements without the structure of traditional gymnastics. **Not included in the unlimited class pass.**

Ages 6-11

Mondays 5:00-6:00pm with Jacob/Mike
Wednesday 5:30-6:30pm with Mike
Sundays 3:00-4:00pm with Lexi

Registration

Visit www.fusionkidscenter.com to register online!

Need help choosing a class?
Call us at 831-801-3343 or stop by!

We offer free trial classes!