



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|-----------------------|-------------------|---------------|-----------------------------------|--------|----------|
| 4:00-5:00 | Back HandSpring | Beginner | Tiny Tumblers | | | |
| 5:00-6:00 | Beginner | Intermediate | Beginner | Advanced | | |
| 6:00-7:00 | Intermediate T&T Team | Tiny Tumblers | Intermediate | Boys | | |
| 7:00-8:00 | | Advanced T&T Team | Open Gym | Intermediate & Adavanced T&T Team | | |

COURSE DESCRIPTION

*Tiny Tumblers: Ages 3-4. This class will focus on basic tumblin and gross motor skills including body positions, rolls, hopping on one foot, skipping, galloping, begin the concept of a cartwheel

*Beginner: Ages 5 and up. This class will focus on basic tumbling skills, rolls, handstands, cartwheels, round offs and bridges.

*Intermediate. Requirements: cartwheels, standing bridge. This class will focus on learning the backbend kickover, back and front walkover, limber, front and back handspring.

*Advanced: Requirements: series handspring to a tuck, running mutliple back hansprings, round off back handspring back tuck. This class will focus on elite tumbling skills, such as layouts, front and back fulls and especially passes.

*Boys class. Requirements: None. This class will teach tumbling skills based on their abilities.

*Mommy & Me: Basic tumbling for children 18 mo to 3 years of age. This class focuses on active play, as well as, fine and gross motor skills and the concept of taking turns, staying in line and class structure. This class is for boys and girls and is accompanied by a parent or anyone 16 and over.

*Intermediate and Advanced T&T:Team Tumbling, Mini Tramp and Trampoline. These classes will teach passes on the Rod Floor, Double Mini Tramp and Trampoline and will compete.

* Back Handspring: Requirement: Must have back walkover. This class will focus on back handsprings. series handsprings to a tuck, running multiple back handsprings, round off back handspring back tuck.