

Thank you for inquiring about our tumbling program. We are very dedicated to your child's training and safety so we ask that you carefully read over the prerequisites for each class. Tumbling is a sport that requires a lot of muscle control and it is important that certain conditioning exercises and proper body alignment are achieved before moving up to the next level. Skipping over these progressions can not only create incorrect body alignments that can lead to skill plateauing but can cause future injuries and joint problems.

As Director of the tumbling program, I assure you that you are getting the most updated and educated curriculum around. I have over 40 years of experience in gymnastics (27 years of coaching) and am a national level certified gymnastics coach. I have attended multiple safety certifications and training congresses sponsored through the USAG gymnastics committee. I am required every few years to update my safety certifications and keep current with new training techniques. We will provide skill charts in class and will test at the end of each semester so parents and students know at all times how their child is progressing. Once 90% of the skills listed per level are perfected then a student can move up to the next level.

---

#### PRE-TUMBLE- (Ages 3-5)

This class is designed to introduce basic tumbling skills and body positions to preschoolers in a fun atmosphere. Class begins with a fun warmup, review of body positions and stretching, then proceeds into group stations and obstacles where they work on coordination, balance, strength, and agility skills. They will learn basic skills such as somersaults, cartwheels, log rolls, and weight bearing exercises like bridge ups and handstands. Once a solid cartwheel, bridge, and handstand are obtained students may be eligible for our hot shots class which is a more advanced version of our pre-tumble program. Students can then proceed to our Level classes at age 6 based on their current skill level.

#### LEVEL 1

This is an introductory class for beginning level students ages 6 and up. They will learn all the proper body positions and terminology as well as start some basic conditioning exercises. Skills learned in this class include... somersaults, cartwheels, headstands, handstand progressions, bridge ups, back bends and basic jumps and balance skills.

#### LEVEL 2

This class will work on weight transfer skills such as one arm cartwheels, lifting arms and legs in bridges, back bends, limbers and kickovers. They will be introduced to round-offs, proper handstand positioning, drills for walk-overs and handsprings and more advanced conditioning drills.

#### LEVEL 3

By this level they should have a solid kickover and front limber and working on perfecting front/back walkovers. They should have a solid round-off with rebound. They must have a strong hollow body position and will start learning handstand variations such as inverted handstands, blocking and flat backs. These are prerequisites for front and back handsprings which will be introduced at this level. They will also start learning ariel cartwheels.

#### LEVEL 4

Must have an ariel cartwheel and front/back handspring to be in this class. This class will connect handsprings and skills as well as start learning flipping skills.

#### CHEER TUMBLE

This class is for students ages 9 and older that want to focus primarily on tumbling for cheer. We will work more power based tumbling skills (such as handsprings) and less focus on acro skills like walkovers and ariels.

**New this year:**

---

Competition tumbling is available for ALL levels of tumbling (except cheer tumble). At this time we are not holding tryouts and it is open to students that have good listening skills, can follow instructions, learn routines quickly and have overall good body control and alignments. This is competition so we want the students to be mentally prepared that this is a more intense program. In order to do competition they will need to enroll in their required level class and attend one additional hour practice per week to learn and perfect their routines. This is an individual sport so their progress is strictly up to how much time and effort they put into it. The more they practice the better the results. Please email with questions.