

CLASS DESCRIPTIONS:

Youth Intro - (For ages 5-8; no skill requirements)

In this class students will work on handstands, cartwheels, round offs and back walkovers. Forward and backward rolls will be incorporated. Coach to student ratio is 1:9.

Intro Tumble - (For ages 9 & older; no skill requirements)

In this class students will work on handstands, cartwheels, round offs and back walkovers. Forward and backward rolls will be incorporated. Coach to student ratio is 1:9.

Level 1 - (Handstand, cartwheel, round off and back walkover are required)

In this class students will work on front walkovers, back walkover series, cartwheel back walkovers, standing back handsprings and round off back handsprings. Coach to student ratio is 1:9.

Level 2 - (Standing back handspring and round off back handspring are required)

In this class students will work on back walkover back handsprings, standing back handspring series, jump back handsprings, round off back handspring series, level 2 variations to back handsprings, and round off back handspring back tucks. Coach to student ratio is 1:9.

Level 3 - (Standing back handspring series & round off back handspring back tuck required)

In this class students will work on standing back tucks, standing back handspring(s) to back tucks, level 3 variations to back tucks, punch fronts, aerials and round off back handspring layouts. Jumps will be incorporated into most standing back handspring skills. Coach to student ratio is 1:9.

Level 4 - (Standing back handspring(s) to back tuck & round off back handspring layout are required)

In this class students will work on jumps to standing back tucks, jumps to back handspring(s) back tucks, standing back handspring(s) to layouts, level 4 variations to layouts and round off back handspring fulls. Coach to student ratio is 1:9.

Level 5/6 - (Standing back handspring(s) to layout & round off back handspring full are required)

In this class students will work on jumps to back handspring(s) layouts, standing back handspring(s) to fulls and levels 5/6 variations to fulls. Then students will progress to working on standing fulls, jumps to standing fulls, jumps to back handspring(s) fulls, standing variations to fulls, standing back handspring(s) to doubles, running doubles and running variations to doubles. Coach to student ratio is 1:9.

Tots - (For ages 3-4; no skill requirements)

In this class students learn developmental tumbling skills, which increase balance, develop coordination and teach positive learning attitudes. This is a great foundation for girls and boys who want to explore the sport of tumbling while developing skills that will benefit all of their future athletic activities! There are no prerequisites for this class. Coach to student ratio is 1:6.

Standing Fulls - (Standing back tuck and round off back handspring full are required)

In this class students will develop strength and the correct fundamentals through specific conditioning and drill work to achieve a standing full. This class is highly intense and drill based and is perfect for those who are ready to take their standing tumbling to more of an elite level. Coach to student ratio is 1:9.