

# Class Descriptions

## **HOT SHOTS**

This class is for boys and girls ages 3 & 4 years old. Children will learn rolling skills, handstands and cartwheels in this energetic class!

Class Focus: Forward and backward rolls, forward and backward straddle rolls, handstands and cartwheels

Rotations: Line tumbling, stations, tumble track, trampoline

## **ADVANCED TUMBLING**

This class develops back pikes, layouts, twisting and multiple flipping and twisting skills.

Prerequisite: Round off 3 flip-flops into a back tuck

Rotations: Line tumbling, standing tumbling, tumble track

## **TUMBLE 1**

Tumble 1 is for children ages 5 and older. Students learn basic tumbling skills, develop strength and coordination, as well as stretching splits and bridges.

Class Focus: Forward and backward rolls, forward and backward straddle rolls, handstands, cartwheels

Rotations: Line tumbling, stations, tumble track, trampoline

## **TRAMPOLINE**

This class is designed for children ages 5 years and older wishing to learn trampoline safety and skills. This class will practice on both trampoline and double-mini trampoline. Basic skills such as jumps, turns and combinations are the focus of this class. As student advance, they will learn both front and back somi's, twisting skills and connections.

## **TUMBLE 2**

Tumble 2 introduces forward and backward limbering skills, round offs and flip-flops. These skills require a strong foundation from Tumble 1. This class often takes students multiple session to progress through because of the difficulty of the skills required and their importance to the higher levels.

Prerequisite: 5 years old, Tumble 1 skills

Class Focus: Front/back walkovers, round offs, flip-flops

Rotations: Line tumbling, stations, tumble track, trampoline

## **TUMBLE BASICS**

Tumble Basics is a class for students 12 years and older wanting to learn the basic tumbling skills needed to progress to flip-flops.

Class Focus: Handstands, cartwheels, round offs, flip-flops

Rotations: Line tumbling, stations, tumble track

## **FLIP FLOP FUNDAMENTALS**

Flip Flop Fundamentals is a class filled with flip-flops! Students will focus on both running round off flip-flop and standing flip-flops.

Prerequisite: Tumble 2 skills

Class Focus: Round off flip-flop and standing flip-flop

Rotations: Line tumbling, stations, tumble track

## **CHEER TUMBLE**

This class focuses on jumps, standing tumbling, running tumbling and combination passes. Students will tumble on both spring floors and non-spring floors.

Prerequisite: Round off flip-flop

Class Focus: Multiple flip-flops, back tuck, layouts and twisting, jumps, jumps into standing tumbling, combination passes.

Rotations: Line tumbling, standing tumbling, jumps, tumble track

## **FLIP FLOP MULTIPLES**

This class develops the round off flip-flop into multiple flip-flops.

Prerequisite: Round off flip-flop

Class Focus: Round off multiple flip-flops and standing flip-flops.

Rotations: Line tumbling, standing tumbling, tumble track

## **TUMBLE FOR DANCE**

This class focuses on walkover skills, aerial cartwheels, aerial walkovers, flip-flops and more!

Prerequisite: Flip Flop Fundamentals or higher

Class Focus: Aerial skills, walkover skills, standing tumbling, running tumbling

Rotations: Line tumbling, stations, tumble track

## **BACK TUCK TUMBLE**

This class is for students who are ready to develop the back tuck and multiple flip-flops into the back tuck.

Prerequisite: Round off 4 flip-flops

Class Focus: Round off back tuck, flip-flops into the back tuck, standing back tucks

Rotations: Line tumbling, standing tumbling, tumble track

*All students must be evaluated prior to enrolling to be placed in any class other than Hot Shots, Tumble 1, Trampoline, or Tumble Basics. Please call the gym at 847-515-1935 to schedule an evaluation. Students will be moved up in class level as they progress. All students will be evaluated on week #5 of every session. Parents will receive a copy of the evaluation on week #6.*