

Class Descriptions

SUPER TOT

This class is for boys and girls ages 3 & 4 years old. Super Tot classes focus on the development of basic tumbling skills. Children learn classroom skills such as rotating stations, taking turns and cheering on other students!

Class Focus: Forward rolls, forward straddle rolls, handstands, and cartwheel basics

Rotations: Line tumbling, stations, tumble track, trampoline

HOT SHOTS

This class is for boys and girls ages 4 & 5 years old. Children must be able to do forward rolls and forward straddle rolls to be enrolled in this class.

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

Rotations: Line tumbling, stations, tumble track, trampoline

TRAMPOLINE

This class is designed for children 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 students advance, they will learn both front and back somis and connections.

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, roundoffs, flip-flops

Rotations: Line tumbling, stations, tumble track

BOYS TUMBLING (not offered every session)

Just for boys!! This class develops strength and basic tumbling skills needed to advance to the fun flipping skills!

Prerequisite: 5 years old

Class Focus: Forward and backward rolls, handstands, cartwheels, roundoffs, and back/front handsprings

Rotations: Line tumbling, stations, tumble track, trampoline

HIGH SCHOOL TUMBLING

This class is for high school students only.

Prerequisite: Enrolled in high school, roundoff flip-flop

Class Focus: Roundoff multiple flip-flops, standing flip-flops and back tucks, roundoff back tuck

Rotations: Line tumbling and 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

TUMBLE 2

Tumble 2 introduces forward and backward limbering skills and flip-flops. These skills require a strong foundation from Tumble 1. This class often takes students multiple sessions 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, roundoffs, flip-flops

Rotations: Line tumbling, stations, tumble track, trampoline

FLIP FLOP FUNDAMENTALS

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

Prerequisite: Tumble 2 skills

Class Focus: Roundoff flip-flop and standing flip-flop

Rotations: Line tumbling, stations, tumble track

FLIP FLOP MULTIPLES

This class develops the roundoff flip-flop into multiple flip-flops.

Prerequisite: Roundoff flip-flop

Class Focus: Roundoff multiple flip-flops, standing flip-flops

Rotations: Line tumbling, tumble track, trampoline

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: Roundoff 4 flip-flops

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

Rotations: Line tumbling, tumble track, trampoline

ADVANCED TUMBLING

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

Prerequisite: Roundoff 3 flip-flops back tuck

Rotations: Line tumbling, tumble track, trampoline