

2011 - 2012 Tumbling Classes

2011 - 2012 School Year Schedule

Terms: 2011 - 2012 Priority Due Date Closed for Holiday

- ① Sept 6 - Nov 7 Aug 13, 2011
- ② Nov 8 - Jan 21 Oct 22, 2011 11/24/11 Thanksgiving

Dec 20, 2011 - Jan 1, 2012 Closed for Christmas Break
(Term 2 Classes Resume on Monday, January 2, 2012)

- ③ Jan 23 - Mar 24 Jan 7, 2012
- ④ Mar 26 - May 26 Mar 10, 2012



Junior High / High School Gymnastics

If you are interested in doing High School Gymnastics or are currently in a High School Gymnastics program, this class will help prepare and maintain your skills for a successful High School Gymnastics Career.

Ages: 6th Grade - 12th Grade

Mon. 3:30 pm - 5:30 pm
Wed. 3:30 pm - 5:30 pm
Thur. 3:30 pm - 6:00 pm
Sat. 8:30 am - 11:00 am

Highly
Recommended for
all High School
Gymnasts!

Cost Per Term:

4x/ week \$476 • 3x/ week \$398 • 2x/week \$330

Tumbling • Tumbling • Tumbling • Tumbling • Tumbling

State of the art Tumbling Facility:

- Tumble Tramps • Trampoline • Resi-Pits • Foam Pits
- Spring Floors • Tumble Trak
- Safety Certified Tumbling Instructors

Tumbling Tuition Per Term

1x/week \$146 or 2x/week \$234

Beginner Tumbling (Ages 1st Grade and Up)

This class is designed to help categorize the fundamental tumbling skills in three different groups: balance and support, rotation, and springing and landing. Learning these three groups provides the basics for all tumbling skills. Basics such as cartwheels, round-offs and the introduction of back handsprings drills. This is recommended for children with little to no tumbling experience, and EVERYONE with ENERGY!

Tuesday 6:30 p.m. - 7:30 p.m. or Thursday 7:30 p.m. - 8:30 p.m.

1 Hour Class

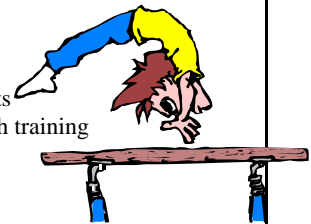
Intermediate Tumbling (Ages 1st Grade and Up)

Prerequisites: Clean Round off and working Back Handspring

The goal of this class is to be able to perform a round off back handspring series (two in a row), and standing series. Students will perform drills to learn to change momentum from going backwards (back handspring) to going up (back tuck). Strength training will also be implemented. Athletes will also be introduced to connecting their back handspring to a back tuck.

Tuesday 7:30 p.m. - 8:30 p.m. or Thursday 7:30 p.m. - 8:30 p.m.

1 Hour Class



Advance Tumbling (Ages 1st Grade and Up)

Prerequisite: Round off back handspring series, standing back tuck with a spotter.

The goal of this class is round off back handspring tucks, layouts, and perfected standing back tucks. Front tumbling will also be introduced.

Tuesday 7:30 p.m. - 8:30 p.m. or Thursday 7:30 p.m. - 8:30 p.m.

1 Hour Class

Group Cheer Tumbling

A great opportunity for your Cheer Team to learn New Tumbling skills for your upcoming season.

"Call for Available Days/Times and Prices"

Private Tumbling

Need some extra help getting that Flip Flop or Back Handspring or Standing Back. Then check out our low Student/Teacher ratio Private Tumbling Lessons.

"Call for Available Days/Times and Prices"