

# CLASS DESCRIPTIONS

## **Tiny Tumbling**

This class is designed for athletes ages 4-6. All skill levels are welcome!

## **Beginner / Back Handspring Class**

This class will focus on building strong basic tumbling skills, Students will work cartwheels, roundoffs, front and back walkovers, as well as beginning back handsprings.

## **Intermediate Tumbling**

This class is for students who have a strong round off back handsprings series and are working on running tucks.

## **Standing Tuck**

This class will focus on developing and perfecting a standing tuck. Jump to tuck combos will also be worked. Students taking this class should have a running tuck.

## **Advanced Standing Tumbling**

This class will focus on standing handsprings to flipping skills such as two to layout, two to full and standing handsprings to double full.

## **Intro to Fulls**

This class will focus on teaching students a full twist. Students attending Intro to Fulls should currently have a running layout, combination passes to layout, and standing handsprings to layout.

## **Fulls / Doubles**

This class is for students who currently have a full, and are working specialty passes through to fulls and double fulls.

## **Level 1**

Prerequisites: None

## **Level 2**

Prerequisites: Back and Front Walkovers, handstand, cartwheel, roundoff

## **Level 3**

Prerequisites: Front Handspring / Bouncer, Standing Back Handspring, Series Running Roundoff Back Handsprings.

## **Level 4**

Prerequisites: Standing Series Back Handsprings, Running Roundoff / Roundoff Back Handspring Tuck, Punch Front

