

CLASS DESCRIPTIONS

Tiny Cheer / Tumbling

These classes are designed for athletes ages 4-6. All skill levels are welcome! Cheer class will focus on motions / jumps / flexibility and tumbling.

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. No prerequisites required.

Intermediate Standing Tumbling

This class is for students who are working on standing series back handsprings, and combination skills to back handsprings. Prerequisites include roundoff back handspring series and a standing back handspring.

Running Tuck

This class is for strong level two athletes who are working on their roundoff / roundoff back handspring tucks. Prerequisites include: multiple running and standing back handsprings, and speciality running tumbling passes to back handsprings.

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.

Running Layout

This class is for strong level three athletes who are working on their roundoff back handspring layouts. Prerequisites include: elite running tumbling pass to tuck, standing back handsprings to tuck.

Front Tumbling

This class is designed to work on front tucks, front handspring front tucks, and front twisting skills. Prerequisites include: front walkover, front boulder, front handspring.

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. Prerequisites include: standing tuck, standing back handsprings to tuck.

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.

Standing Full

This class will focus on the fundamentals of standing fulls, as well as condition the body to be able to compete the skill. Prerequisites include: standing tuck, elite standing and running passes to fulls.

Fulls / Doubles

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