

TUMBLING

GIRLS & BOYS - AGES 7 & UP

1 hour class

See [What to Wear](#) at the bottom.

BEGINNER TUMBLING:

This Class teaches skills in Tumbling (Floor) Only. Basic tumbling skills are taught including handstands, back bends, back walkovers, backbend back walkover, cartwheels and a round off rebound. All are leading up to a Back Handspring. To move out of this class, it must be determined by the Instructor that the student can do basic tumbling skills well And is able to do a Back Handspring with a light spot.

Courthouse Gymnastics recommends that a child have a minimum of one year of Gymnastics classes to build upper body strength and flexibility needed for safer, stronger tumbling.

INTERMEDIATE TUMBLING: (Invitation Only)

A student may only enroll in this class only when an Instructor determines that the student has mastered basic tumbling skills And can do a Back Handspring with a light spot. Students will work on perfecting the back handspring. They will progress to a Round Off Back Handspring. They will also work on multiple back handsprings.

ADVANCED TUMBLING: (Invitation Only)

A student may only enroll in this class only when an Instructor determines that a student has sufficiently learned the skills required in the Intermediate Tumbling class. Students will perfect multiple back handsprings and learn Fulls, Back Tucks, and Layouts.

WHAT TO WEAR

Shorts, a T-shirt that is long enough to stay tucked in or a top that is tight enough not to ride up.

No Jewelry

Barefoot or Tennis Shoes