



TUMBLING PROGRAMS

Our tumbling program has grown over the past year- we are excited to offer these new opportunities!

FALL 2025

PROGRAM SCHEDULE

MONDAY 5-6 PM

BEGINNER TUMBLING

**WEDNESDAY
430-530 PM**

*work on handstands, cartwheels, forward and backward roll, round offs

**THURSDAY
530-630 PM**

**THURSDAY
7-8 PM**

BOYS TUMBLING

*works on handstands, cartwheels, tucks, back handsprings

**MONDAY
7-8 PM**

INTERMEDIATE TUMBLING 7-9 YEARS

*works on front walkovers, back walkovers, back handsprings, round off back handsprings

**TUESDAY &
WEDNESDAY
6-7 PM**

INTERMEDIATE TUMBLING

*works on front walkovers, back walkovers, back handsprings, round off back handsprings

**SATURDAY
1030-1130 AM**

**THURSDAY
7-8 PM**

TUMBLING FUNDAMENTALS 13+YEARS

*works on cartwheels, front and back walkovers, backhandsprings, round off backhandsprings

**TUESDAY
&
WEDNESDAY
7-8 PM**

ADVANCED TUMBLING

***INVITE ONLY**

*works on round off double back handsprings, front and back tucks, connecting passes & advanced standing skills

**** standing and running back handspring required****

QUESTIONS: WRIGHTGYMNASTICS@GMAIL.COM