

TUMBLING PROGRAMS SUMMARY 2025



TUMBLING CAMP ****Prerequisites:**** Some gymnastics experience is required to participate in this program. Our Tumbling Camp is designed for beginner and intermediate athletes, as well as those who have developed some foundational skills using the floor, trampoline, and circuit training. This camp focuses on enhancing skills such as handstands, cartwheels, back bridges, and round-offs, progressing to walkovers and more advanced skills. Understanding the breakdown of these elements through skill-based drills, conditioning, and flexibility exercises is essential for success in tumbling. This program is intended for athletes aged 6 years and older.

DANCER TUMBLING INTENSIVE 1 ****Prerequisites:**** Participants must have a base skill level in the following: handstand, cartwheel, bridge kickover, and handstand to bridge. This program is tailored for dancers to enhance their skills for acro elements of dance. The focus will be on building strength and flexibility, as well as developing skills such as walkovers, progressions to aerials and back handsprings, as well as balances, leaps, jumps, and more.

DANCER TUMBLING INTENSIVE 2 ****Prerequisites:**** Participants must have mastered front and back walkovers and have experience working on back handsprings and aerials. Our Dancer Tumbling Intensive 2 is geared towards dancers. Focus will be on strength, flexibility, and skill building. Skill focus will be on front & side aerials, multiple back handsprings, layout step-out & tumbling combinations, as well as leaps, jumps, balances and more.

DANCER TUMBLING INTENSIVE 3 ****Prerequisites**** Participants must have mastered the side aerial and round-off back handspring. Our Dancer Tumbling Intensive 3 is specifically designed for dancers who want to enhance their skills for acro elements of dance. We will continue to emphasize strength, flexibility, and skill development. The skill focus will be on mastering multiple back handsprings, incorporating a layout step-out or a back tuck at the end of a tumbling line, as well as various aerial and tumbling techniques/variations.