

TUMBLING PROGRAMS SUMMARY 2024



TUMBLING CAMP Our Tumbling Camp is geared towards beginners as well as athletes who have developed some foundations of basic skills through the use of the floor, trampoline, and circuit training. This camp focuses on building on skills such as handstands, cartwheels, back bridges, and round-offs; and continuing onto walkovers and more. Understanding the breakdown of these elements through skill-based drills, conditioning and flexibility are the key to success in tumbling.

Prerequisites: some gymnastics experience is required for this program.

DANCER TUMBLING INTENSIVE 1 Our Dancer Tumbling Intensive 1 is geared towards dancers. Focus will be on strength, flexibility, and skill building. Skill focus will be on walkovers, progressions to aerials and back handsprings, as well as leaps, jumps, balances and more.

Prerequisites: Has Mastered handstand, cartwheel, bridge kickover, handstand to bridge.

DANCER TUMBLING INTENSIVE 2 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.

Prerequisites: Has Mastered front and back walkovers.

CHEER TUMBLING WORKSHOP 2/3 Our Cheer Tumbling 2/3 Workshop designed for level 2 and 3 cheerleaders, is an extension of our skill specific 2/3 tumbling classes. Skill progression is focused on skills such as running and standing tumbling combinations, tucks, and layouts. Participants will work through skill-based drills, repetition, and conditioning. By working through drills and progressions athletes will develop an understanding of how to break down these elements ensuring safety and success in the development of these skills.

Prerequisites: Has Mastered back handsprings and round-off back handspring