

## Tumbling Classes

Meanstreets Elite offers tumbling classes for every skill level and ages 3-18 years. We have beginners classes as well as more advanced. We start with cartwheels and work through to layouts, fulls, and more. We offer 3 levels of tumbling classes, team tumbling, and private lessons. Here are the classes listed below:



### Beginner Tumbling (all ages)

No prior tumbling experience is required. Tumblers will learn the proper technique and execution of cartwheels, round-offs and the beginning techniques of standing back handsprings and round-off back handsprings.

### Intermediate Tumbling (all ages)

Minimum skills required: cartwheel, round-off, unassisted standing back handspring and unassisted round-off back handspring. Tumblers will learn and strengthen proper technique of standing and running back handspring series. Tumblers will begin to learn the proper technique of round-off back handspring back tucks.

### Advanced Tumbling (ages 8 and up)

Minimum skills required: standing and running round-off back handspring series (two or more), unassisted running round-off back handspring to back tuck and unassisted standing back handspring(s) to back tuck. Tumblers will work in progression to learn proper technique and execution of:

- Standing skills: back handspring back tucks, back tucks, back handsprings to layouts and fulls, standing fulls.
- Running skills: round-off back handspring(s) to layouts and fulls; specialty passes.

### Private Lessons

Privates, one-on-one tumbling lessons, are available only to those enrolled in Meanstreets Elite Cheerleading. Students coordinate private tumbling lessons directly with the coach of their choice. Prices and schedules vary from coach to coach. We do not coordinate the private tumbling lessons between the athletes and coaches.

### Team Tumbling Classes:

- Minimum of 8 athletes
- Class placement is based on skill prerequisites for each level.
- Classes are one hour long and held once a week.



Class	Day	Time
Beginner	Tuesday	5:30-6:30pm
Intermediate	Thursday	5:30-6:30pm
Advanced	Sunday	2:00-3:00pm

To register please call or text: (708) 559-4879 or email us at [Meanstreetselite@yahoo.com](mailto:Meanstreetselite@yahoo.com)