

Courthouse Gymnastics Co.

## **TUMBLING**

All classes are taught using a safe, step by step curriculum.

### **BEGINNER TUMBLING: Girls and Boys, Ages 7 & Up.**

**This Class teaches skills in Tumbling (Floor) Only.** 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.

**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.**