

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.

To move out of this class, it must be determined by the Instructor that the student can do basic tumbling skills well And is able to do a Back Handspring with a light spot. This class has an average of 10 students per instructor.

INTERMEDIATE TUMBLING: Invitation Only. Girls and Boys, Ages 7 & Up.

A student may only enroll in this class only when an Instructor determines that the student has mastered basic tumbling skills And can do a Back Handspring with a light spot. Students will work on perfecting the back handspring. They will progress to a Round Off Back Handspring. They will also work on multiple back handsprings.

ADVANCED TUMBLING: Invitation Only. Girls and Boys, Ages 7 & Up.

A student may only enroll in this class only when an Instructor determines that a student has sufficiently learned the skills required in the Intermediate Tumbling class.

Students will perfect multiple back handsprings and learn Fulls, Back Tucks, and Layouts.