



TUMBLING CLASS SCHEDULE

LEVEL 1

Saturdays, 10:45 - 12:00 PM
September 6, 13 | October 11, 25
November 1, 8, 22 | December 6

Focus: Basic Walkovers & Round-offs

LEVEL 1.5

Saturdays, 9:15 - 10:30 AM
September 6, 13 | October 11, 25
November 1, 8, 22 | December 6

Focus: Connected Walkovers & Advanced Variations
Requirements: Front & Back Walkover

LEVEL 2

Sundays, 4:15 - 5:30 PM
September 7, 14 | October 12, 26
November 2, 9, 23 | December 7

Focus: Back Handsprings

LEVEL 2.5

Saturdays, 9:15 - 10:30 AM
September 6, 13 | October 11, 25
November 1, 8, 22 | December 6

Focus: Connected Back Handsprings &
Advanced Variations
Requirements: Standing & Running Back Handspring

LEVEL 3/3.5

Sundays, 2:45 - 4:00 PM
September 7, 14 | October 12, 26
November 2, 9, 23 | December 7

Focus: Running Tucks, Punch Fronts, & Aerials
Requirements: Roundoff Double Back Handspring

LEVEL 4/5

Saturdays, 10:45 - 12:00 PM
September 6, 13 | October 11, 25
November 1, 8, 22 | December 6

Focus: Standing Tucks, Layouts, Fulls, & Advanced
Variations
Requirements: Roundoff Back Handspring Tuck

Cost: \$200 for Session Dates Listed, Drop In: \$30 per class

Ages: 7-18

****Classes included in Elite Tuition and offered at discounted rate for Partial Season Athletes****



MORE THAN TUMBLING CLASS SCHEDULE

FLEXIBILTY

Wednesdays, 4:00 - 5:00 PM (ages 11+)

Sundays, 5:45 - 6:45 PM (ages 6-10)

Sundays, 4:30 - 5:30 PM (ages 11+)

Wed. Dates: September 10

October 8, 15, 29

Sun. Dates: September 7, 14

October 5, 12, 19, 26

Focus: Improve flying, jumps, or tumbling skills through flexibility and strength workouts led by Coach Sierra

Cost: \$120 for 6 class pack

STRENGTH & CONDITIONING

Sundays, 5:45 - 6:45 PM

September 7, 14 | October 5, 12, 19

November 2, 9, 16

Focus: Build strength, improve agility, and boost confidence through fun challenging workouts led by Coach Laura

Ages: 10+

Cost: \$160 for 8 week session

OPEN GYMS

Sundays, 7:00 - 8:00 PM

September 7, 14 | October 5, 12, 19, 26 | November 2, 9, 16, 23 | December 7

Cost: \$15, Cash Only at the Door

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