



TUMBLING CLASS SCHEDULE

LEVEL 1

Saturdays, 10:45 - 12:00 PM
December 20 | January 3, 10 |
February 21, 28 | March 21 | April 18, 25

Focus: Basic Walkovers & Round-offs

LEVEL 1.5

Saturdays, 9:15 - 10:30 AM
December 20 | January 3, 10 |
February 21, 28 | March 21 | April 18, 25

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

LEVEL 2

Sundays, 4:15 - 5:30 PM
December 21 | January 4, 11 |
February 22 | March 1, 22 | April 19, 26

Focus: Back Handsprings

LEVEL 2.5

Saturdays, 9:15 - 10:30 AM
December 20 | January 3, 10 |
February 21, 28 | March 21 | April 18, 25

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

LEVEL 3/3.5

Sundays, 2:45 - 4:00 PM
December 21 | January 4, 11 |
February 22 | March 1, 22 | April 19, 26

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

LEVEL 4

Saturdays, 10:45 - 12:00 PM
December 20 | January 3, 10 |
February 21, 28 | March 21 | April 18, 25

Focus: Standing Tucks, Connected Handsprings to Tucks,
Layouts, Beginner Twists, & Advanced Variations
Requirements: Roundoff Back Handspring Tuck

LEVEL 5/6

Saturdays, 12:15 - 1:30 PM
January 3, 10 |
February 21, 28 | March 21 | April 18, 25

Focus: Connected Handsprings to Layout/Full, Fulls, Arabians, Doubles, & Advanced Variations
Evaluation Needed to Enter Class

Cost: \$200 for 8 Classes, 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+):

December 10, 17 | January 7, 14, 21, 28
February 4, 11, 18, 25 | March 4, 11, 18, 25
April 1, 8, 15

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

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

December 21 | January 4, 11, 18
February 1, 8, 22 | March 1, 8, 15, 22
April 19, 26

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

Cost: \$120 for 6 class pack

OPEN GYMS

Sundays, 7:00 - 8:00 PM

****Pop Up Open Gyms Found on Socials****

December 21 | January 4, 11, 18
February 1, 8, 22 | March 1, 8, 15, 22
April 19, 26

Cost: \$15, Cash Only at the Door