

Weekly Tumbling Options: Choose to attend either 2, 3 or 4 weeks

Pre Tumbling - Ages 3.5-5 - students are new to tumbling or have little experience. There are many skills to introduce at this age/level and we'll spend time working on all of them such as various tumbling body positions, bridges, rolls and general flexibility and strength building that will prepare our students for the next level of tumbling. As students are ready, we'll introduce handstand and cartwheel progression skill work.

Beginner Level One – Ages 5 and up - students that are just beginning tumbling classes or may have taken pre tumbling and have now moved up to the “big kid” classes. Students may or may not have mastered the cartwheel. Skill work at this level consists of drilling various tumbling body positions, progressions of the bridge, technique of various types of rolls and working to master the cartwheel including all technical aspects. General flexibility and strength building exercises are a large part of class.

Beginner Level Two students should have a good understanding of basic skills such as bridge, handstand, cartwheel and various types of rolls and body positions. In this level, we will continue to strengthen the technique of these skills and introduce variations such as the one-handed and “bad side” cartwheels. General flexibility, strength building, and conditioning continue to be a focus to help us prepare for more advanced skills in Intermediate Tumbling.

Intermediate Level One students should have a progressing handstand and a strong cartwheel. In this level, we will introduce the back bend and running tumbling including round offs. As students are ready, we'll introduce skill progressions for front and back walkovers and handsprings. General flexibility, strength building, and conditioning continue to be a focus to help us prepare for more advanced skills in Intermediate II Tumbling.

Intermediate Level Two students should have a strong handstand, round off and back bend. In this level, we will continue skill work for walkovers and handsprings. General flexibility, strength building, and conditioning continue to be a focus to help us prepare for Advanced Tumbling.

Advanced Level One students should have a strong handstand, front and back limber, and round off. In this level, we will continue to work on walkovers and handsprings while introducing the aerial cartwheel and back tuck skill progressions. General flexibility, strength building, and conditioning continue to be a focus to help us prepare for more advanced skills.

Advanced Level Two students should have a strong understanding of handsprings. We will continue to work on perfecting handsprings as well as adding them to tumbling passes such as the round off back handspring. We'll continue to work on tucks with students that are ready and the front aerial may be introduced. General flexibility, strength building, and conditioning continue to be a focus to help us prepare for more advanced skills.

Back Handspring Bootcamp This add on camp is for those students that want to drill that back handspring for a solid hour each week, using stations that work on every important part of a back handspring. We'll use skill shapes and equipment to help tumblers feel confident in attempting the back handspring independently. This bootcamp is an excellent addition for students that are also enrolled in a tumbling class. Students should have a strong handstand before considering this add on camp.