

SUMMER TUMBLING SCHEDULE

Session 1: June 6th - July 15th (6 weeks)

Price: \$50 per session for 1st class

Session 2: July 25th - September 2nd (6 weeks)

\$20 per session per additional class

Monday

- 2:30-3:00 - PreK Gymnastics Instructor: Josh **Price: \$35 per session**
- 3:00-4:00 - Gymnastics Level 1 Instructor: Josh
- 4:00-5:00 - Gymnastics Level 2 Instructor: Josh
- 4:00-5:00 - Boys Gym Instructor: Nick
- 5:00-6:00 - Intermediate 1 Tumbling Instructor: Josh
- 5:00-6:00 - Intermediate 2 Tumbling Instructor: Nick
- 6:00-7:00 - Advanced Tumbling Instructor: Nick
- 6:00-6:30 - PreK Gymnastics Instructor: Josh **Price: \$35 per session**
- 6:30-7:00 - PreK Gymnastics Instructor: Josh **Price: \$35 per session**
- 7:00-8:00 - Gymnastics Team - Strength & Conditioning Instructor: Nick & Josh
- 8:00-9:00 - Advanced Tumbling Instructor: Nick

Tuesday

- 3:00-4:00 - Gymnastics Level 1 Instructor: Josh
- 4:00-5:00 - Beginner 1 Tumbling Instructor: Josh
- 4:00-5:00 - Beginner 2 Tumbling Instructor: Nick
- 5:00-6:00 - Gymnastics Level 1 Instructor: Josh
- 5:00-6:00 - Gymnastics Level 2 Instructor: Nick
- 6:00-7:00 - Intermediate 1 Tumbling Instructor: Josh
- 6:00-7:00 - Intermediate 2 Tumbling Instructor: Nick
- 7:00-8:00 - Advanced Tumbling Instructor: Nick & Chris
- 8:00-9:00 - Elite Tumbling Instructor: Nick & Chris

Beginner 1 - 5 years and older with little or no tumbling experience. Will be trained on basic tumbling and strengthening skills including rolls, jumps, and cartwheels.

Beginner 2 - Must have accomplished cartwheel and forward rolls. Working on complex cartwheels, round-offs, standing backbends, kickovers, and advanced rolls.

Intermediate 1 - Must have accomplished a round off ready to move on to back-handspring and round off back-handsprings. Must have handstands, standing backbend, and backbend kickover.

Intermediate 2 - Students who have been previously enrolled in an Intermediate Tumbling Class but are not ready to move on to Advanced Class

Advanced - Must have accomplished a round off back-handspring, ready to move on to back-tuck, and series.

Elite - Must have accomplished a back handspring back tuck. Will focus on series, standing tumbling, layouts, fulls, etc.

If you are unsure about which level/class to place your child in please ask one of our instructors. Placing your child in the proper class is essential for their development and the progress of other students in the class.

**PLEASE USE ENROLLMENT FORM ON REVERSE SIDE
MUST PRE-PAY FOR SESSIONS TO COMPLETE ENROLLMENT - SPACE IS LIMITED**