

TUMBLING CLASS DESCRIPTIONS

TUMBLE WITH ME **AGE 2 – 3**

Our Tumble with Me is a parent participate class. We start with creative movement with props such as scarves, bean bags etc. Then we move into the tumbling using mats, beams, slide, trampoline and the barres. We work on large motor skills. Big & Little classes are a great way to help safely teach your little with parent/guardian bonding through a relaxed but structured class.

TUMBLE NEUTRONS **AGE 3**

Basic tumbling will be learned with a twist of rhythm movement. Rolls down mats, swinging on bars and jumping throughout the gym. The children will begin to take direction; learn how to work well with others, improve their fine and gross motor skills. We'll keep a low ratio because the child will be on their own for the first time in the gym.

TUMBLE STARS **AGES 4 – 5**

Your aspiring little gymnasts will work on tumbling skills like handstands, cartwheels, rolls as well as learning body awareness. They will also practice the fundamental skills on the Bars, and Balance Beam. We keep the exciting themes for this very impressionable age to make learning gymnastics super fun!

TUMBLE NOVAS **AGES 5 – 6**

This is a continuation of the Tumble Star class. Students that have taken the Tumble Stars class or 6 year olds new to tumbling may take this class. *Five-year-olds not yet in kindergarten are strongly encouraged to begin with a Tumble Stars class and transition to Novas at their instructors recommendation. Round-offs, bridges, and pullovers will be learned while still incorporating exciting themes.

TUMBLE COMETS **AGES 6 – 7** **INSTRUCTOR APPROVAL** **REQUIRED**

This is a advanced beginner class. This class is designed for students that have gymnastics experience and have mastered the skills in our Tumble Novas class. Students need instructors approval for this class.

TUMBLING I **AGES 6 – 9**

This is an beginning tumbling class for children with little to no tumbling skills. This class teaches basic tumbling techniques and terminology through positive coaching methods that emphasizes progression and proper technique for each skill. All athletes will grow at their individual pace with encouragement and positive reinforcement.

INTERMEDIATE TUMBLING **AGE 7 AND UP** **INSTRUCTOR APPROVAL** **REQUIRED**

Students need instructors approval for this class. Tumblers need to have mastered the Tumbling I/Tumble Comets skills. They will work on walkovers, aerial cartwheels and start working on prep for handsprings.

TUMBLING II **AGE 8 AND UP** **INSTRUCTOR APPROVAL** **REQUIRED**

Students need instructors approval for this class. Tumblers need to have mastered the Intermediate Tumbling I skills. Handsprings, aerials and tucks are the focus of this class.

