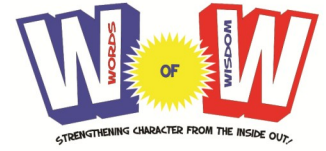




BEGINNING/INTERMEDIATE TUMBLING



EVERYTHING YOU NEED TO KNOW ABOUT OUR TUMBLING!

AGES 6 & up

Welcome to Beginning/Intermediate Tumbling!

Beginning/Intermediate is a combination tumbling class for students 6 years old and up. This is a 1 hour class with a cardio warm-up and full stretch, followed by three floor & trampoline circuits that will incorporate strength and flexibility. Tumbling goals of the class include forward & backward rolls, cartwheels, round offs, handstands, front limbers, front walkovers, bridge kickovers, back bends, back walkovers, and more! Basic concepts of our Words of Wisdom program will be included during each warm-up and throughout the class (friendship, manners, courage).

CLASS REMINDERS

- ★ Use the restroom **BEFORE** class
- ★ Have long hair tied back
- ★ Please have bare feet during class



BASIC CLASS GOALS

Rolling
Cartwheel
Round off
Front Limber
Front Walkover
Bridge Kickover
Back Bend
Back Walkover
and MORE!

POSITIONS & TERMS

Each class we will incorporate a position focus:

- Tuck
- Pike
- Straddle
- Lunge
- Bridge
- Squat
- and MORE!

WOW FOCUS

- Friendship
- Manners
- Courage
- Charity
- Commitment
- Responsibility
- Teamwork
- Confidence
- *and MORE!*

Our goal is to make sure that every gymnast gets the most out of their time with us, so they will be placed in skill and age appropriate classes. Coaches will monitor and record each tumbler's progress on a continuous basis and we will notify you as soon as your child has mastered all of the goals of their class and is ready to move up to the next level.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones.



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