



# ADVANCED TUMBLING

EVERYTHING YOU NEED TO KNOW ABOUT OUR TUMBLING!

AGES 7 & up

## Welcome to Advanced Tumbling!

Advanced Tumbling is the third level tumbling class for students 7 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 standing back handspring, round off-back handspring series, front handspring, front tuck, back tuck, aerial, 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

Back Handspring  
Round off-Back Handspring  
Front Hand-spring  
Front Tuck  
Back Tuck  
Aerial  
and MORE!

### POSITIONS & TERMS

Each class we will incorporate a position focus:

- Hollow Body
- Pike
- Straddle
- Lunge
- Stretch Body
- Finishing Positions  
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.

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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