



ADVANCED TUMBLING

EVERYTHING YOU NEED TO KNOW ABOUT OUR TUMBLING!

AGES 7-14

Welcome to Advanced Tumbling!

Advanced Tumbling is the third level tumbling class for students 7 –14 years old. 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). Students will have 1 designated drink break during class if they want to bring a water bottle or use the drinking fountain.

Class Reminders

- ★ Use the restroom **BEFORE** class
- ★ Have all hair tied back (pony tail)
- ★ Please have bare feet during class
- ★ Bring a water bottle with name on it.



BASIC CLASS GOALS

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

POSITIONS & TERMS

Each class we will incorporate a position focus:

- Hollow Body
- Pike
- Straddle
- Lunge
- Stretch Body

WOW FOCUS

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

Our goal is to make sure that every tumbler gets the most out of their time with us, so they will be placed in skill and age appropriate classes. Coaches will monitor 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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