

# SUMMER TUMBLING

**GYM INC**



**Tuesday**

## **Beginning Tumbling**

**4:00-4:50pm**

This class introduces you to the basic techniques of tumbling. You will learn handstands, cartwheels, round offs, back bends, back walkovers, front walkovers, and the back handspring.

**Tuesday**

## **Intermediate Tumbling/Advance**

**5:00-5:50pm**

The class builds off of the basic tumbling skills with a focus on combination passes. (Prerequisite: back handspring).

**Thursday**

## **Drop In Tumbling**

**5:30-6:20pm**

**\*\*Open to all levels\*\***

This is an instructed drop-in class teaching progressive floor skills from basic forward and back tumbling to advance flipping. Ideal for the athletes more independent than most with specific skill goals in mind.

**Summer Session: June 11<sup>th</sup>-August 9<sup>th</sup> (8 weeks)**

**\*Open to Kindergarten thru High School age\***

**50 Minute class- \$70/month**

