

Gymnastics Inc

TUMBLING



Tuesday

Beginning Tumbling

5:30-6:20pm

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.

Wednesday

Intermediate Tumbling/Advance

5:30-6:20pm

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.

\$70 per month (4 weeks)	\$200 Session package (12 weeks)
<u>Fall Session</u>	August 27, 2018-November 19, 2018
<u>Winter Session</u>	November 26, 2018-March 4, 2019
<u>Spring Session</u>	March 5, 2019-June 3, 2019

