

# SUMMER TUMBLING

**GYM INC**



**Tuesday**

## **Beginning Tumbling**

4:00-4:50pm (ages 5-7 yrs. old)

5:00-5:50 pm (ages 8 and up)

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.



**Thursday**

## **Intermediate Tumbling/Advance**

4:00-4:50pm

The class builds off of the basic tumbling skills with a focus on combination passes.

(Prerequisite: back handspring).

**Thursday**

## **Drop In Tumbling**

5:00-5:50pm

**\*\*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: Tuesday, June 18<sup>th</sup>-Thursday, August 8<sup>th</sup> (8 weeks)**

**Drop In Tumbling \$17.50/class**

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

