

# Gymnastics Inc TUMBLING



## Monday

### Beginning Tumbling

6:30-7:20pm

This class introduces you to the basic techniques of tumbling. Focus points are on handstands, cartwheels, round offs, back bends, back walkovers, front walkovers, as well as progressions for the back handspring.

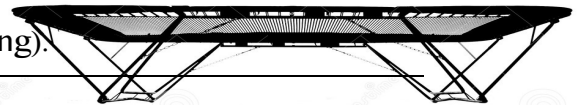


## Tuesday

### Intermediate Tumbling

6:30-7:20pm

The class builds off of the basic tumbling skills with a focus on combination passes, back handsprings and saltos.  
(Prerequisite: Beginning Tumbling).



## Saturday

### Beginning/Intermediate Combination Tumbling

10:30-11:20am

This class provides progressive floor skills from basic forward/back tumbling to advance flipping. Tumbling progressions, drills and acro sequences will be in place to not only match and challenge the athlete's level but also to help them reach specific skill goals.

<b>\$70 per month (4 weeks)</b>	<b>\$200 Session package (12 weeks)</b>
<u>Fall Session</u>	August 24, 2019-November 18, 2019
<u>Winter Session</u>	November 19, 2019-March 2, 2020
<u>Spring Session</u>	March 3, 2020-June 1, 2020

