




Tumbling Session

AUGUST 10th – October 30th

Classes are set at 50 minutes to allow for our staff to comply with COVID-19 regulations

Special Rate for 2nd class or Family Member!!! 25% off second class

Tumbling Class:	Monday	Tuesday	Wednesday	Thursday	Session Rate
Tots Tumbling Ages 4-6	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm	\$150.00 or \$260 for 2 Classes per Week
Level 1	5:00-5:50pm 5:00-5:50pm	4:00-4:50pm	5:00-5:50pm 5:00-5:50pm	4:00-4:50pm 4:00-4:50pm	\$180.00 or \$315 for 2 Classes per Week
Level 2	5:00-5:50pm	5:00-5:50pm 5:00-5:50pm	5:00-5:50pm	5:00-5:50pm 5:00-5:50pm	\$180.00 or \$315 for 2 Classes per Week
Level 3	6:00-6:50pm	5:00-5:50pm	6:00-6:50pm	7:00-7:50pm	\$180.00 or \$315 for 2 Classes per Week
Level 4	7:00-7:50pm	5:00-5:50pm	6:00-6:50pm	7:00-7:50pm	\$180.00 or \$315 for 2 Classes per Week
Level 5	8:00-8:50			8:00-8:50	\$180.00 or \$315 for 2 Classes per Week
 New BHS Class		7:00-7:50			\$180.00 or \$315 for 2 Classes per Week
 New Tuck Class		6:00-6:50			\$180.00 or \$315 for 2 Classes per Week
 New Twisting Class		7:00-7:50			\$180.00 or \$315 for 2 Classes per Week

Tots Tumbling: This class is for ages 4 to 6 years old. Athletes will learn: body control, forward rolls backwards roll, handstands, cartwheels, and round-offs.

Level 1: This class is perfect for first time tumblers! Athletes will learn: Handstands, cartwheels, round-offs, forward rolls, back-walkovers, front-walkovers, dive-rolls, round-off rebounds, and other progressive skills for advancement.

Level 2: Athletes in this class can demonstrate a round-off rebound, back-walkover and front-walkover. Athletes will learn: standing/running back-handspring, connecting various skills to a back-handspring.

Level 3: Athletes in this class can demonstrate a standing double back handspring, round-off multiple back handspring. Athletes will learn: standing tucks, punch fronts, and running tumbling to a tuck.

Level 4: Athletes in this class can demonstrate running tumbling to tuck, and standing tucks. Athletes will learn: Standing/running tumbling to layout, combination skills to layout and progressions to level 5 tumbling skills.

Level 5: This class is for athletes that can demonstrate tumbling progressions from intro- level 4 tumbling. Athletes will learn: running tumbling to full twisting layout, standing/BHS to full, Arabians and other level 5 tumbling skills.

***** (New Class) Back Handspring:** Great Class for Athletes working skills for High School Cheer, looking to work on techniques to get Back Handspring.

***** (New Class) Tuck:** Great Class for Athletes working skills for High School Cheer, looking to work on techniques to get Tuck. Must have Back Handspring.

***** (New Class) Twisting:** Athletes ready to work twisting skills ie: Fulls/Doubles/Arabians etc... In order to be in this class, you will need to demonstrate good technique in flipping skills. All participants will be evaluated prior to joining this class.

SUMMER SESSION REGISTRATION AND FEE SUMMARY (\$50 Reg. Fee/ \$75 for Family)(All Sales are Final)				
*Family Contact:		*Contact Phone Number:		
Athlete's Name:	Class(es)	Day(s)	Time(s)	Session Fee/Reg. Fee
<i>Ex. Sally Walker</i>	<i>Level 1(6-12)</i>	<i>Monday</i>	<i>4-5pm</i>	<i>105.00+50.00</i>

\$135 for additional tumbling class (25% off for 2nd class) & \$120 for allstar athletes

AMOUNT OWED _____

Cash _____ **Card** _____ **Check#** _____