

## Tumbling Session

Summer Session July 12th-September 30th

\*\*Classes are set at 50 minutes and may be combined based on enrollment

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

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

**\*\*\*Classes will be capped**

**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.

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

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

\*\*\*BHS and Tuck will be combined and drills will be catered to which skill athlete is working.

<b>SUMMER SESSION REGISTRATION AND FEE SUMMARY</b> <b>(\$50 Reg. Fee/ \$75 for Family)(All Sales are Final)</b>				
<b>*Family Contact:</b>		<b>*Contact Phone Number:</b>		
<b>Athlete's Name:</b>	<b>Class(es)</b>	<b>Day(s)</b>	<b>Time(s)</b>	<b>Session Fee/Reg. Fee</b>
<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 2<sup>nd</sup> class) & \$120 for allstar athletes\*\*\*

**AMOUNT OWED** \_\_\_\_\_ **Cash** \_\_\_\_\_ **Card** \_\_\_\_\_ **Check#** \_\_\_\_\_