

# Fall Tumbling Session

*August 5th - October 24th*

*\*Make up days: September 13<sup>th</sup> & October 18<sup>th</sup> 6:00pm -7:00pm\**

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>\$180.00</b>
<b>Level 1</b>	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	4:00-5:00pm	<b>\$180.00</b>
<b>Level 2</b>	6:00-7:00pm		6:00-7:00pm	5:00-6:00pm	<b>\$180.00</b>
<b>Level 3</b>	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		<b>\$180.00</b>
<b>Level 4</b>	6:00-7:00pm		7:00-8:00pm		<b>\$180.00</b>
<b>Level 5</b>		6:00-7:00pm		6:00-7:00pm	<b>\$180.00</b>
<i><b>Stunt Class</b></i>		6:00-7:00pm	7:00-8:00pm		<b>\$225.00</b>

**Tots Tumbling:** This class is for athletes ages 4 years old to 6 years old, who are beginning to learn the basics of tumbling. In this class students will learn body awareness, motor skills, hand eye coordination, basics of tumbling as well as learning to take direction in a group setting.

**Level 1:** This class is perfect for first time tumblers! Athletes will learn Handstands, Cartwheels, Round-off, Forward Rolls, Back-walkovers, Front-walkovers, Dive-rolls, Round-off Rebounds, and other progressive skills for advancement.

**Level 2:** This class is for athletes that can demonstrate a Round-off Rebound, Back-walkover and Front-walkover. Athletes will learn: Standing/Running Back-handsprings, connecting various skills to Back-handspring.

**Level 3:** This class is for athletes that can demonstrate a Standing: Double Back handspring, Running: Round-off multiple back handspring. Athletes will learn: Standing Tucks, Punch Fronts and running tumbling to Tucks.

**Level 4:** This class is for athletes that 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.

**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.

## SESSION REGISTRATION AND FEE SUMMARY(\$50 Reg. Fee/ \$75 for Family)

<b>*Family Contact:</b>		<b>*Contact Phone Number:</b>		
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>180.00+50.00</i>

\*\*\* \$140.00 for Allstar Athletes & 2nd Class Sign-ups\*\*\*

**AMOUNT OWED** \_\_\_\_\_

**Cash**

**Card**

**Check #** \_\_\_\_\_