

Class Descriptions

Tumble Tots: Ages 16 months-2.5 years (or new 2.5-3 years): A parent will attend this class with their child. It is an introductory to tumbling, sharing, waiting turns, and following instructions. Class will introduce beginning skills on the floor as well as balance beam, bar, and trampoline. This is a great class for boys and girls learning to develop the basic gross motor skills!

Tiny Tumblers: Ages 2.5-3 years (or new 3.5-4): Kids will come into this class all by themselves. Classes will continue to develop the beginning skills needed for gymnastics as well as work on listening skills and following directions. This is a great class for that child wanting to increase their gross motor skills and learn to do a big kid cartwheel and bridge.

Super Tumblers: Ages 3-4 (or new 4's): Kids advancing to this class have mastered the art of listening and can stay on task and follow instructions well. The goals for this age group are to master backward roll, bridge, big kid cartwheel, and big kid handstand. We will be introducing kick overs and continue to build core strength.

Mighty Tumblers: Age 4-5 (or new 5's): Kids in this class will most likely be kicking over from a bridge off a ramp or block mat. They will be working on back bends, walkovers, and continuing to make cartwheels and handstands super strong. Kids in this class are expected to be able to follow instructions and work independently at stations.

High 5's: Age 5 (or advanced 4 and new 6): Our high 5's will most likely be students that have completed multiple years of tumbling. They will be able to do back bends, kick overs, and or limbers unassisted. This class will be introduced and working each week on back handsprings and round offs. Along with their skill level, kids in this class are expected to work independently and follow instructions.

Walkover: (Ages 6 and up): This class is for a child that is working on front and back walkovers. They will also be introduced to round offs and back handsprings. The goal is to continue to develop shoulder, arm and core strength so that the skills can be done alone.

Back Handspring Class: (Ages 6 and up): This class will focus on kids doing their back handspring alone and with GOOD form. They will begin to learn to do a series of back handsprings and start back tucks as their form and skill level reach that potential. Tucks will only be introduced when kids are consistently able to throw a series of handsprings that are straight, fast, and keeping the child's head off the ground.

Tucks, Layouts and Twist: Kids in this class are expected to have great form in their handspring series and capable of consistently landing a tuck in the pit, trampoline or floor that has a proper set. Kids will not be moved on past the tuck until they have learned how to set properly.

Semi Private: A class taken for 30 minutes with another student.

Private: A class taken alone for 30 minutes.

Dance and Tumble Combo: This class will have 30 minutes of tumbling and 30 minutes of dance. We only offer this class for younger age groups. Once your child is older, they really need a full hour of both if they want to continue to progress.

Beginner Bar and Beam: This class is for a child that has little to no experience in working on the bar, beam and vault.

Advanced Beginner Bar, Beam, and Vault: This class is for a child that has had experience training on these events, but does not wish to compete.

Boys Bar, Beam, and Vault: This class is designed for boys and will train on each event. It is a great class for boys that are looking to increase their strength, balance, and coordination.

Competition Gymnastic Team: This class has been invited to be on team.

Exhibition Tiny Cheer: for ages 5 and under that have little to no cheer experience. This group will learn a routine and compete as exhibition only or do performances locally.

Exhibition Youth Cheer: is for ages 6 and up that have little to no cheer experience or just wish to be on a team that does not travel and compete.

Competition Cheer: All of these groups have tried out and committed to traveling and competing.

Boys Strength and Fitness: This class will do a half hour of tumbling and a half hour of fitness exercises. It is a great class to increase strength, flexibility, and coordination.

Martial Arts

Bill Sampson is in charge of this program. For questions please call him, 812-325-4171