



CLASS DESCRIPTIONS

AERIAL CLASS

- **PREREQUISITES:**

Athletes taking this class MUST have the following skills prior to entering this class:

- Cartwheel (Both Sides)
- Round-Off w/rebound

- Class will focus on the basic fundamental skills of a side aerial. All aerial drills will be introduced and athletes will begin to develop the skills sets and muscle memory for aerial skills.

ADVANCED AERIAL

- **PREREQUISITES:**

Athletes taking this class MUST have the following skills prior to entering this class:

- Side Aerial
- Back Walkover
- Front WalkOver
- Standing Back Handspring (Or Very Close w/ Spot)

- Class will focus on the advanced fundamentals of the Aerial Skill including but not limited to:
 - Front Aerial
 - Opposite Side Aerial
 - Back Aerial
 - Combination Skills Into & Out of Aerial Skills

INTRO TUMBLING

- **PREREQUISITES:**

Athletes taking this class MUST be potty trained!

- **Class will focus on the basic beginner fundamentals of tumbling. Athletes will learn to master the following skills needed to progress to the next level.**

- Forward Roll
- Cartwheel
- Backward Roll
- Push to Bridge
- Headstand

LEVEL 1 TUMBLING

- **PREREQUISITES:**

Athletes taking this class MUST have the following skills prior to entering this class:

- Forward Roll
- Cartwheel
- Backward Roll
- Push to Bridge
- Headstand

- **Class will focus on mastering the following skills & variations needed to progress to the next level.**

- Handstand
- Standing Bridge
- Both Side Cartwheels
- Front Limber
- Round Off
- Bridge Kick Over

LEVEL 1 ADVANCED TUMBLING

- **PREREQUISITES:**

Athletes taking this class MUST have the following skills prior to entering this class:

- Handstand
- Standing Bridge
- Both Side Cartwheels
- Front Limber
- Round Off
- Bridge Kick Over

- **Class will focus on mastering the following skills & variations needed to progress to the next level.**

- Handstand Forward Roll
- Front Walkover
- 1-Arm Cartwheel
- Standing Back Handspring
- Back Walkover
- Round Off Back Handspring

• **LEVEL 2/3 TUMBLING:**

- **PREREQUISITES:**

Athletes taking this class **MUST** have the following skills prior to entering this class

- | | |
|--------------------------|-----------------------------|
| ■ Handstand Forward Roll | ■ Front Walkover |
| ■ 1-Arm Cartwheel | ■ Standing Back Handspring |
| ■ Back Walkover | ■ Round Off Back Handspring |

- **Class will focus on mastering the following skills & variations needed to progress to the next level.**

LEVEL 2 TUMBLING:

- | | |
|---|---|
| ■ Standing Series Back Handspring w/Rebound | ■ Round Off Back Handspring Series |
| ■ Back Walkover Back Handspring Series | ■ Front Walkover Round Off Back Handspring Series |

LEVEL 3 TUMBLING:

- | | |
|---------------------------------------|--|
| ■ Round Off Back Handspring Back Tuck | ■ Punch Front |
| ■ Round Off Back Tuck | ■ Concept: Standing Series Back Handspring to Tuck |
| | ■ Concept: Standing Back Tuck |

• **LEVEL 4/5/6 TUMBLING:**

- **PREREQUISITES:**

Athletes taking this class **MUST** have the following skills prior to entering this class

- | | |
|---|--|
| ■ Standing Series Back Handspring w/Rebound | ■ Round Off Back Handspring Series |
| ■ Back Walkover Back Handspring Series | ■ Front Walkover Round Off Back Handspring Series |
| ■ Round Off Back Handspring Back Tuck | ■ Punch Front |
| ■ Round Off Back Tuck | ■ Concept: Standing Series Back Handspring to Tuck |
| | ■ Concept: Standing Back Tuck |

- **Class will focus on mastering the following skills & variations needed to progress to the next level.**

LEVEL 4 TUMBLING:

- | | |
|------------------------------------|-----------------------------|
| ■ Standing Back Tuck | ■ Round Off Layout |
| ■ Round Off Back Handspring Layout | ■ Standing Series to Layout |

LEVEL 5/6 TUMBLING:

- | | |
|--|------------------------|
| ■ Round Off Back Handspring Full Twist | ■ Round Off Full Twist |
| ■ Standing Series to Full Twist | ■ Toe Touch Back Tuck |
| | ■ Arabian |
| | ■ Double Full |