



Tumbling Program Summer Session

June 10 – August 16, 2019

Tumbling
Closed
July 4



Fitwize provides a quality program that focuses on safety & fun for developing tumbling & cheerleading skills, as well as overall fitness conditioning.

Offering 10 weeks of tumbling this summer; you choose 8 classes to attend* (same day/time each week of the session).

Session is \$156 to cover the 8 classes with no make-up week.

INTRO TO TUMBLING \$156

10-week session* Mon 5-6pm, Wed 5-6pm

We will focus on tumbling basics: handstands, cartwheels, forward & backward rolls, body positions, flexibility & strength, and will learn drills, terminology & proper stretching technique.

TUMBLE BASICS (T1) \$156

10-week session*

Tue 6-7pm, Wed 5-6pm, Thur 5-6pm, Thur 6-7pm

We will perfect skills learned in the intro class. Athletes will learn a proper hollow body position, learn to punch off the floor with their toes and locked ankles, with a strong focus on round-offs. While perfecting round-offs & handstand pops, athletes begin drills for back handsprings and round-off back handsprings.

BACK HANDSPRING \$156

10-week session* Mon 5-6pm, Mon 6-7pm,

Tues 5-6pm, Tues 6-7pm, Wed 5-6pm, Wed 6-7pm, Fri 5-6pm

Athletes must have a strong round-off and basic skills, such as handstands, cartwheels & handstand pops. We will focus on back handsprings; including standing, running & series with emphasizes on good technique & confidence in skills.

HANDSPRINGS & CONNECTIONS (T2) \$156

10-week session*

Mon 6-7pm, Tues 7-8pm, Wed 6-7pm, Fri 6-7pm

Must have tested out of Back Handspring class or have required skills: solid standing back handspring & round-off back handspring on rod floor. We will focus on drills for round-off multiple back handsprings, standing series tumbling & back handspring rebound technique. *Coach recommendation required.*

SERIES BACK HANDSPRING & TUCKS (T2.5) \$156

10-week session*

Tue 5-6pm, Wed 7-8pm, Thur 6-7pm, Thur 7-8pm

This is for the athlete who has mastered their standing back handspring & their running round-off back handspring. Athletes will be working on mastering their multiples, series tumbling & round-off back handspring back tuck. *Coach recommendation required.*

STANDING & RUNNING TUCKS (T3) \$156

10-week session*

Mon 6-7pm, Thur 5-6pm, Thur 7-8pm, Fri 5-6pm

Athletes must test out of Series Back Handsprings & Tucks or have the required skills. Skills are: a mastered round-off back handspring back tuck with no spot & working on progression corner tumbling & series standing tumbling. This is an advanced class for experienced tumblers. *Coach recommendation required.*

LAYOUTS & SPECIALTY SKILLS (T4) \$156

10-week session* Mon 7-8pm, Tue 7-8pm, Fri 6-7pm

This elite class is for athletes who mastered Standing & Running Tucks and is for the very experienced tumbler. *Coach recommendation required.*

ELITE TUMBLING (T5) \$156

10-week session* Mon 7-8pm, Wed 7-8pm

Elite class is for athletes who have mastered advanced tumbling skills, including full twisting layout, front bounding & whip connections. Focus is on advanced series bounding, twisting/step-out connections, front twisting, standing fulls, double fulls & specialty skills. *Coach recommendation required.*

OPEN GYM \$10-15/per session

Fri 7-8:30pm \$10/per session

Sat & Sun, 1-3pm \$15/per session

For athletes who would like to work on skills by themselves. It is supervised, however not instructed like a tumble class. Spotters will always be present for stunting & tumbling.

HIGH SCHOOL OPEN GYM **Sat 2:30-4pm \$10/per session**

Athletes will work with coaches on the skills needed to perform at the high school level. Stunting groups are encouraged & welcome to participate. High School-aged athletes only.

\$60 annual tumble fee

All athletes must have an annual tumble fee in good standing in order to participate in our tumbling program. Once your fee has been paid, it will cover all classes for a full year.