

Beginning Tumbling

Ages 9 and Up

Do you want to learn how to Tumble? Front and Back Walkovers? Round Off? Improve your skills? Well Champion Gymnastics is the place for you! We offer classes for beginning tumblers, intermediate, and advanced! So whether you want to learn new skills or perfect the ones you already have, we can make it happen!

This class is perfect for beginning tumblers ages 9 and older. This class is also excellent for high school cheer and/or gymnastics students to perfect their skills.

The Skills Sheet below describes all the skills learned in this class.

BEGINNING TUMBLING

Beginning Tumbling is for new students who have little or no tumbling experience. Students are introduced to proper body positioning, terminology, and technique.

Back Walkover

Front Walkover

Round Off

Back Limber

Front Limber

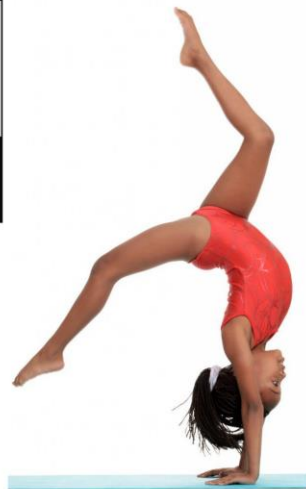
Cartwheel, Backward Roll

Cartwheel, Round Off

Front Walkover, Cartwheel

Spotted Standing Back Handspring

Spotted Front Handspring



BEGINNING TUMBLING

*9+ years old
One hour class*

Schedule

Monday: No classes

Tuesday: 3:00, 6:00

Wednesday: 4:00, 6:00

Thursday: 3:00, 4:00

Friday: No classes

Saturday: No classes

Sunday: 10:00, 5:00

Monthly Cost

Annual Family Membership Fee:
\$72

1x per week: \$115

2x per week: \$185

3x per week: 240

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