

# Advanced Tumbling

Do you want to improve your skills in Tumbling? Front Tuck? Standing Back Tuck? Front Handsprings? 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 those tumblers who have achieved the skills learned in Intermediate Tumbling. 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.

## ADVANCED TUMBLING

Tumbling students work on front tumbling and multiple trick skills and combinations. Students will refine and add to multiple back handsprings, back handspring to a back tuck, back handspring to a layout, and a layout full twist!

Front Tuck, Front Tuck Step Out  
Front Handspring, Dive Roll/Front Tuck  
Front Handspring Step Out, Front Handspring  
Front Handspring Step Out, Round Off, Back Handspring  
Standing 2 Back Handsprings  
Standing Back Tuck  
Cartwheel Step In, Back Handspring  
Cartwheel Step In, Back Tuck  
Round Off, 2 Back Handsprings  
Round Off, Back Handspring, Back Tuck  
Round Off, Back Handspring, Back Layout  
Round Off, Back Tuck/Layout  
Round Off, Back Handspring, Layout Half  
Round Off, Back Handspring, Layout Full



## ADVANCED TUMBLING

*One hour class*

### **Schedule**

*Monday: 8:00*

*Tuesday: 7:00*

*Wednesday: No classes*

*Thursday: 7:00*

*Friday: No classes*

*Saturday: No classes*

*Sunday: 4:00*

### **Monthly Cost**

Annual Family Membership Fee:

\$72

1x per week: \$115

2x per week: \$185

3x per week: 240

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