

Intermediate Tumbling

Do you want to improve your skills in Tumbling? Front and Back Handspring? Round Off? 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 ages 9 and older who have achieved the skills learned in Beginning 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.

INTERMEDIATE TUMBLING

Students in Intermediate Tumbling refine their basic tumbling skills and increase their strength and flexibility. Also, many enroll in this class specifically to learn back handsprings that they use in cheer and gymnastics floor routines.

Forward Dive Roll
Backward Roll to Pushup
Front Handspring/Front
Handspring Step Out
Standing Back Handspring
Round Off, Back Handspring



Cartwheel Swing Thru,
Back Walkover

Cartwheel Step In, Back
Handspring

Cartwheel, Back Walkover,
Backward Roll

Cartwheel, Round Off
Rebound, Backward Roll

Front Walkover, Cartwheel,
Round Off

INTERMEDIATE TUMBLING

One hour class

Schedule

Monday: No classes

Tuesday: 5:00

Wednesday: No classes

Thursday: 5:00

Friday: 3:00, 5:00, 8:00

Saturday: No classes

Sunday: 11:00, 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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