



Tumbling Classes:

SuperCDA Athletics Tumbling Class Objectives:

SuperCDA Athletics provides a progressive based tumbling class that will have a strong emphasis on shapes, drills, power, strength, mobility and flexibility. We train each athlete with proper technique and execution of the skills listed within each class. These classes will range from introductory to advanced tumbling levels.

Parent & Child - OPEN PLAY

This open play is designed to provide a positive gym play experience for children between the ages of 12 months and 5 years old. Parents are responsible for supervising their children as they play, work on skills, and use equipment. Preschool balance beams and open floor areas are available for use. A variety of skill building mats and other small equipment is available. Parents must remain with their children in the gym area the entire time.

Parent/Tot Tumble + (2 - 3 years Old) - Coaches provide the structure of activities while parents focus on the following of directions and attempting of the skills; the class introduces children to each gymnastics event (Bars, Beam, and Floor) while focusing primarily on their motor skill development.

Tot Tumble + (3-4 yrs old) (45 minutes)- Introduces class structure and works on the development of basic tumbling skills. The coaches will provide the structure of drills for each athlete to work on tumbling shapes while also using mats, Beam, and other gymnastics activities. This will help further the athletes fine motor skills, balance, strength, flexibility, and skill technique.

Tiny Tumble + (4-5 yrs old) - Introduces and works on the development of basic tumbling skills. The coaches will provide the structure of drills for each athlete to work on tumbling shapes

while also using the Bars, Beam, and other gymnastics activities. This will help further the athletes fine motor skills, balance, strength, flexibility, and skill technique.

SuperHero Training RED (3-5 yrs old) (45 MINUTES) - Calling all Superheroes! Come train to find your true superhero potential. You will have a chance to create your own “secret identity,” improve your “super skills,” and make new friends! This is no ordinary class for ordinary kids, it's your chance to become SUPER! This high energy class is a mixture of obstacle course training, gymnastics, freestyle movement, parkour and cross training. You will be trained to swing, spin, jump, roll, and flip. The primary goal of this class is to increase listening, build confidence, focus, control, strength, and develop your child's fine motor skills all while having fun! (45 MINUTES)

SuperHero Training BLUE (6-8 yrs old) (45 Minutes) - Calling all Superheroes! Come train to find your true superhero potential. You will have a chance to create your own “secret identity,” improve your “super skills,” and make new friends! This is no ordinary class for ordinary kids, it's your chance to become SUPER! This high energy class is a mixture of obstacle course training, gymnastics, freestyle movement, parkour and cross training. You will be trained to swing, spin, jump, roll, and flip. The primary goal of this class is to increase listening, build confidence, focus, control, strength, and develop your child's fine motor skills all while having fun! (1 HOUR)

Intro to Tumbling (Ages 6+) :

→ This class is designed to introduce the basic fundamental tumbling skills. This class is ideal for athletes new to tumbling (No experience required).

- ◆ Forward Roll(no hands to stand up)
- ◆ Straddle Roll
- ◆ Back Rolls
- ◆ Handstand hold (no mat)
- ◆ Handstand to bridge up a wedge (must hold a handstand)
- ◆ Cartwheel (kicking all the way to ceiling, landing one foot at a time)
- ◆ Bridge Hold (feet together)
- ◆ Bridge Kickover (off mat and down incline)
- ◆ Backbend and stand up (allowed to rock)

Tumble 1 Beginner (Ages 6-8/9-14) :

→ All skills from Intro to tumbling must be mastered before moving on to Tumble 1. This class is designed to develop the following skills:

- ◆ Rolls - Forward and Backwards
- ◆ Handstand forward roll

- ◆ Round-Off
- ◆ Backbend stand up (starting and ending with hands above head)
- ◆ Back walkover
- ◆ Front Walkover
- ◆ Front limber (no pause)
- ◆ Back Limber (off mat)
- ◆ Cartwheel backover or front walkover cartwheel
- ◆ Back Handspring (over roller)

Tumble 1 Elite (Ages 6-8/9-14) :

→ All skills from Tumble 1 Beginner must be mastered before moving on to Tumble 1. This class is designed to develop the following skills:

- ◆ Back Walkover Series
- ◆ Back Walkover Switch Leg
- ◆ Back Extension Roll
- ◆ Valdez
- ◆ Roll to Walkover
- ◆ Walkover to Round-off
- ◆ Back Limber (off mat)
- ◆ Cartwheel backover or front walkover cartwheel
- ◆ Back Handspring (over roller)

Tumble 2 Beginner (Ages 6-8/9-14) :

→ All skills from Tumble 1 Elite must be mastered before moving on to Tumble 2 Beginner. This class is designed to develop the following skills:

- ◆ Front Handspring
- ◆ Back Handspring
- ◆ Back Handspring Step Out
- ◆ Cartwheel Back Handspring
- ◆ Back Extension Roll Back Handspring
- ◆ Round-Off Back Back Handspring
- ◆ Back Walkover Back Handspring

Tumble 2 Elite (Ages 6-8/9-14) :

→ All skills from Tumble 2 Beginner must be mastered before moving on to Tumble 2 Elite. This class is designed to develop the following skills:

- ◆ Front Walkover Front Handspring

- ◆ Round Off Back Handspring Series
- ◆ Front Walkover Round off Back Handspring/Series
- ◆ Standing Multiple Back Handsprings (Wedge permitted)
- ◆ Front tuck (On Tumble Track - Basic Understanding)
- ◆ Back Tuck (Basic Understanding)
- ◆ Back Tuck (Basic Understanding)

Tumble 3 Standing (Ages 8+) :

→ All skills from Tumble 2 Elite must be mastered before moving on to Tumble 3 Standing/Running. This class is designed to develop the following skills:

- ◆ Standing Back Handspring series
- ◆ Walkover & Back Handsprings Combinations
- ◆ Jump & Back Handspring Combinations
- ◆ Cartwheel Tuck (Basic Understanding)
- ◆ Back Walkover Tuck (Basic Understanding)
- ◆ Standing Back Tuck (off a panel or down a wedge)

Tumble 3 Running (Ages 8+) :

→ All skills from Tumble 2 Elite must be mastered before moving on to Tumble 3. This class is designed to develop the following skills:

- ◆ Aerial (basic understanding)
- ◆ Round Off Tuck
- ◆ Round off (bhs) Tuck
- ◆ Front Walkover Round Off (bhs) Tuck
- ◆ Round off Back Handspring (Series) Tuck
- ◆ Tumbling Out of Tuck or Whips (Basic Understanding)

Tumble 4 Standing (Ages 8+) :

→ All skills from Tumble 3 Standing must be mastered before moving on to Tumble 4 Standing. This class is designed to develop the following skills:

- ◆ Standing Tuck
- ◆ Back Handspring (Series) Tuck or other advanced skills
- ◆ Back Walkover Tuck
- ◆ Cartwheel Tuck

Tumble 4 Running (Ages 8+) :

→ All skills from Tumble 3 Running must be mastered before moving on to Tumble 4 Running. This class is designed to develop the following skills:

- ◆ Round off back handspring Layout or other advanced skills
- ◆ Specialty Tumbling Connections, Front tuck step outs, Front handspring Front Tuck, Whips, Arabian, Standing Fulls, or other advanced skills/combinations.

Tumble 5/6 (Ages 12+) :

- All skills from Tumble 4 Standing must be mastered before moving on to Tumble 5/6 Standing. This class is designed to develop the following skills:
 - Level 5 Standing
 - Tuck - BHS (Series) - Tuck
 - Jump Back Tuck
 - Back Handspring (Series) - Whip/Tuck - BHS Tuck
 - Back Handspring (Series) - Layout
 - Back Handspring (Series) - Whip - To - Layout/Layout Step Out
 - Jump BHS (Series) - Whip - To - Layout
 - Level 6 Standing
 - Back Handspring (Series) - Full
 - Jump - BHS (Series) - Full
 - BHS (Series) - Whip - To - Full
 - Back Handspring - Full
 - Jump - Back Handspring - Full

Tumble 5/6 Running (Ages 8+) :

- All skills from Tumble 4 Running must be mastered before moving on to Tumble 5/6 Running. This class is designed to develop the following skills:
 - Level 5 Running
 - Round Off - Full
 - Round off - BHS (Series) Full
 - Round Off - Arabian
 - Front Full
 - Round Off - BHS - Full
 - Specialty Connections To Full
 - Punch Front Step-Out
 - Whip To Full
 - Round Off Arabian/Half Step Out - Layout/Full

- Level 6 Running
 - Cartwheel - Full
 - Side/Front Ariel - Full
 - Round Off - BHS - Full - To - Full
 - Round Off - Double Full
 - Round Off - To - Double Full

High School Tumble- Freshman- Senior

This opportunity is for athletes in High School or getting ready for High School (8th grade) cheer/dance and are looking to improve their tumbling skills. SuperCDA High School Tumble clinic is educational and instructional. Athletes will warm up and complete drills as a group before breaking into stations based on skill level. Drills and stations will bring awareness and improve an athlete's shaping, strength, conditioning, and offer spotting opportunities. This a great opportunity for your athlete to get extra practice in while understanding, developing, and executing the correct technique for highschool tumble skills.

Other Classes:

In- House Novice Cheer- (Ages 4-6/7-9)

This class is an excellent option for individual recreational cheerleading athletes looking to learn or improve cheerleading skill technique and also focus on sideline material. Each session will focus on cheerleading fundamentals [motions, jumps, tumbling and stunts - appropriate for the experience level of each grouping of athletes] in a fun and safe training environment.

Flyer Flex & Mobility (7-18 years old) - Athletes should be familiar with basic body positions [arabesque, heel stretch, scale] to take this class. This class is tailored specifically to the flyer stunt position and will focus on improving flexibility and mobility work for body positions. All exercises will be taught with variations for each athletes' ability level. Advanced flexibility [scorps, bow/arrow, needle] will be worked with advanced flexibility athletes only.

Jump Tech & Execution (7-18 years old) - Athletes should be familiar with basic jump technique for toe touches, hurdlers and pikes. This class is tailored specifically to improving jump technique and execution. Through strength and mobility drills, athletes will improve explosiveness and flexibility. All drills and exercises will be taught with variations for each

athlete's ability level. Advanced jumpers will be challenged with jump combinations with a focus on correct jump connection.

Back Walkover Class (6+ years old) - The back walkover is a basic tumbling movement starting and finishing on the feet and made by lifting one leg, arching back into and passing through a handstand position by bringing one foot, then the other over the top and stepping down from the handstand into a lunge.

During this highly interactive clinic athletes will go through non-stop drills, shaping, strength, conditioning, and spotted stations. This a great opportunity for your athlete to get extra practice in while understanding, developing, and executing the correct technique for a back walkover.

What skills must the athlete already have to participate?

- **Strong handstand**
- **Cartwheel**
- **Bridge**

Standing Back Handspring Class (6+ years old) - The back handspring is a basic tumbling movement where an athlete takes off from one or two feet, jumps backward onto the hands, and lands on his or her feet. This skill can be done independently or in a series of skills.

During this highly interactive clinic athletes will go through non-stop drills, shaping, strength, conditioning, and spotted stations. This a great opportunity for your athlete to get extra practice in while understanding, developing, and executing the correct technique for a standing back handspring.

What skills must the athlete already have to participate?

- **Strong handstand**
- **Cartwheel**
- **Bridge Kick-Over**

PAYMENTS: 60 MIN/ STANDARD CLASS

- **\$26 PER CLASS**
- **Monthly charges will vary pending on how many times your weekly time slot(s) meet(s) a month.**

- **Classes are Billed Monthly on the 1st of each month, until you withdraw from the class.**
- **If you choose to not continue in that class, notification must be emailed to (contact@supercda.com) by the 15th of your final month, or you are responsible for the following month's tuition.**

PAYMENTS: 45 MIN CLASS

- **\$22 PER CLASS**
- **Monthly charges will vary pending on how many times your weekly time slot(s) meet(s) a month.**
- **Classes are Billed Monthly on the 1st of each month, until you withdraw from the class.**
- **If you choose to not continue in that class, notification must be emailed to (contact@supercda.com) by the 15th of your final month, or you are responsible for the following month's tuition.**

PAYMENTS: 30 MIN CLASS

- **\$15 PER CLASS**
- **Monthly charges will vary pending on how many times your weekly time slot(s) meet(s) a month.**
- **Classes are Billed Monthly on the 1st of each month, until you withdraw from the class.**
- **If you choose to not continue in that class, notification must be emailed to (contact@supercda.com) by the 15th of your final month, or you are responsible for the following month's tuition.**