

## Functional Classes

Parent & Tot	Super Hero RED	Super Hero BLUE	Strength & Conditioning	Flex & Mobility	
	Ages 3-5	Ages 6-8	Ages 7-9 & 10 up	Ages 7-9 & 10 up	
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.	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!	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!	Combination progressive curriculum that incorporates mobility, stability, strength, and intensity. The instructor led course will have athletes moving through a variety of movements and rolling through high and low intensities.	Focus on dynamic stretching and proper mobility patterns as they relate to cheer, dance, and gymnastics. This class is designed to improve flexibility and overall range of motion.	

## Tumble Classes

Tiny Tumble	Intro to Tumble	Tumble 1	Tumble 2	Tumble 3	Tumble 4
Ages 3-5	Ages 6-8 & 9-14	Ages 6-8 & 9-14	Skill Based	Skill Based	Skill Based
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.	This class is designed to introduce the basic FUNDamental tumbling skills. It is ideal for athletes new to tumbling (No experience required). Forward (no hands to stand up) 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) Round-Off (off a panel mat) Bridge Kickover (off mat and down incline) Backbend and stand up (allowed to rock)	All skills from Intro to tumbling must be mastered before moving on to Tumble 1. This class is designed to develop the following skills: Round-Off (hands must be off of ground by the time feet land) Handstand flat back Backbend stand up (starting and ending with hands above head) Back walkover Front Walkover Front limber (no pause) Back Limber (off mat) Cartwheel back walkover or front walkover cartwheel Back Handspring (over roller)	All skills from Tumble 1 must be mastered before moving on to Tumble 2. This class is designed to develop the following skills: Front Handspring Back Handspring Round-Off Back Multiple Back Handspring Back Walkover Back Handspring (pause allowed) Cartwheel Back Handspring (pause allowed) Front Walkover Round off Back Handspring/Series (Basic Understanding) Standing Multiple Back Handsprings (down a wedge or tumb track) Front tuck (on tumble track) Back Tuck (Basic Understanding)	All skills from Tumble 2 must be mastered before moving on to Tumble 3. This class is designed to develop the following skills: Standing Back Handspring series Aerial (basic understanding) Front Tuck Round off (bhs) Tuck Front Walkover Round Off (bhs) Tuck Round off Back Handspring (Series) Tuck Cartwheel Tuck (Basic Understanding) Back Walkover Tuck (Basic Understanding) Standing Back Tuck (off a panel or down a wedge) Tumbling Out of Tuck or Whips (Basic Understanding)	All skills from Tumble 3 must be mastered before moving on to Tumble 4. This class is designed to develop the following skills: Standing Tuck Back Handspring (Series) Tuck or other advanced skills Back Walkover Tuck Cartwheel Tuck 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.