

2016-2017 Tumbling Class Schedule

Classes Begin September 6th

Enrollment Days August 30, 31 & Sept. 1st Come & Go from 4-6 pm

Just The Two Of Us: Wednesday 2:00-2:30

This is a class for a parent/adult and the child to attend and work together. The ages for this class for the child is 18 months to 3 years. In this class the parent will be guided by Spirit Express coaches and help the child with strength, coordination activities, and very basic gym skills.

Tiny Tot Tumbling: Tuesday 4:00-5:00 OR Thursday 4:00-5:00

There are no requirements to enter this class. Participants are ages 3-5. In this class you will learn basic skills and work on strength and coordination.

Beginning Tumbling Monday 4:00-5:00 OR Tuesday 4:00-5:00 Wednesday 4:00-5:00 OR Thursday 4:00-5:00

There are no requirements to enter this class. In this class you will work on handstands, cartwheels, back-bends, back-walkovers, beginning back-handsprings, etc...

Intermediate Tumbling Monday 5:00-6:00 OR Tuesday 5:00-6:00 Wednesday 5:00-6:00 OR Thursday 5:00-6:00

You must be able to demonstrate a standing back-handspring on the wedge mat with very little spot to enter this class. In this class you will work on round-off back-handsprings, beginning running & standing tucks.

Advanced Tumbling Monday 6:00-7:00 OR Tuesday 6:00-7:00 Wednesday 6:00-7:00 OR Thursday 5:00-6:00

You must be able to demonstrate a round-off back tuck with no spot to enter this class. In this class you will work on back-handspring tucks, layouts, etc...

Elite Tumbling Monday 6:00-7:00 OR Thursday 6:00-7:00 Wednesday 6:00-7:00

You may enter this class with coaches' approval only.

Super Hero Training Course (Boys Only) Saturday Noon-1:00

This class is for boys only ages 5-7 years old. In this course, we will work on strength, flexibility and coordination along with learning tumbling skills.