



UNLIMITED SUMMER CLASS CARD

Class Descriptions

- **Tiny Tumblers:** Tumbling for those ages 3-6yrs
- **Mini Tumblers:** Tumbling for all levels ages 6-8yrs
- **Youth Tumblers:** Tumbling for all levels ages 9-11yrs
- **JR/SR Tumbling:** Tumbling for all levels ages 12+ yrs
- **Walkovers:** For those working on their walkovers, stand to bridge, and handstand fall to bridge (ages 4+)
- **Handsprings:** For those working on their front and back handspring. Must have mastered a back walkover (ages 4+)
- **Just Tucks:** Front and Back tucks, on their own or connected to other skills. Must have mastered series handspring. (Level 2+)
- **Layin' Out:** Layouts – for those who have mastered their round-off through to back tuck
- **Twist it Up:** Mastered that round off through to layout? Start twisting here!
- **Level 1 Tumbling:** For those working on their level 1 skills; handstands, cartwheels, round-offs, bridges, walkovers and all of these connected (ages 4+)
- **Level 2 Tumbling:** For those working on their level 2 skills; standing handspring, round-off back handspring/multiple handsprings, and specialty passes
- **Level 3 Specialties:** Level 2-3 tumblers who have mastered a level 3 pass but are still looking to connect all of their skills to create that specialty pass
- **Level 4-5 Specialties:** Level 4-5 tumblers who are working that whip through to layout, fulls, arabians (or similar) specialty pass
- **Cheer 101:** For anyone looking to focus on the fundamentals of cheerleading; basic stunting, jumps, motions and dance!
- **Conditioning:** For everyone! (Even Mom and Dad!) Come in for a great workout! Cardio, Core and Leg specific
- **Flight School:** For flyers of all ages! Work body positions, flexibility and strength!
- **Sky high Jumps:** Jump conditioning and technique – master those combo jumps!
- **Super Heroes!** For boys and girls ages 3-8yrs – jump, fly, and play like the superheroes do!
- **Sports Zone:** Anything goes! Ages 3+. Soccer, Dodge ball and lots more!
- **Ninja Zone:** Flip, twist, jump and more! For boys and girls Ages 6+.
- **Family Drop in:** Bring in the kids (ages 0-3) to burn off some steam! Parent Supervision Required

These classes will be offered throughout July and August, Mondays to Thursdays from 9:30 – 12:30 p.m. AND 5 – 8 p.m.