



UNLIMITED SUMMER CLASS CARD

Class Descriptions

- **Tumbling Tots:** Unparented class designed to build the joy of movement through games and gymnastics circuits. Focus on learning handstands, cartwheels and bridges. (ages 3-5)
- **Advanced Tumbling Tots:** Unparented class designed to build the joy of movement through games and gymnastics circuits. This class is more for little athletes who have mastered their front roll and are working on handstands, bridges, and cartwheels. (ages 3-5)
- **Beginner Basics:** Focus on learning handstands, cartwheels and bridges (ages 5+)
- **Advanced Basics:** Focus on round off, walkovers & handstand. Prerequisites: cartwheel, fall to bridge & kick over (ages 5+)
- **BHS 101:** Prerequisites: Unassisted handstands, cartwheels, round offs, back and front walkovers (ages 5+)
- **Tucks:** Prerequisites: Well executed round-off back handspring, back tuck, working on standing back tuck. (Level 2+)
- **Cheer 101:** For anyone looking to focus on the fundamentals of cheerleading; basic stunting, jumps, motions and dance!
- **Ninja Zone:** Flip, twist, jump and more!
 - Lil Ninja - for boys ages 3-5
 - Lil Ninja Girls - for girls ages 3-5
 - Ninja Girls - for girls ages 6-12
 - Ninja White - for beginner Ninja Boys ages 6-14
 - Ninja Yellow - for next level Ninja Boys ages 6-14 (see Ninja Trainer for recommendation)
- **Pass Holders Open Gym:** For anyone holding an unlimited class pass!

** NO CLASSES WEEK OF JULY 3-7

** LAST DAY OF CLASSES IS THURSDAY AUGUST 24th

New Schedule for regular fall classes will be released the first week of July