

TUMBLING CLASS SCHEDULE

BACK WALKOVERS & BASICS

MON, 8/5 - 5PM-6PM

FRI, 8/9 - 7PM-8PM

INTRO TO BACK HANDSPRINGS

SAT, 8/10 - 11AM-12PM

POWER TUMBLING & MULTIPLES

WEDS, 8/14 - 4PM-5PM

TUCK & LAYOUT TECH

SAT, 8/10 - 1PM-2PM

PROJECT 6 - INVITE ONLY

TUES, 8PM-9PM



CLASS DESCRIPTIONS

BWO & BASICS

**ATHLETES WORKING BWO'S
AND/OR PERFECTING BASICS
SUCH AS CARTWHEELS, ROUND
OFFS AND ALL LEVEL 1 SKILLS**

INTRO TO BHS CLASS

MUST HAVE BWO

POWER TUMBLING

& MULTIPLES

**MUST HAVE A STANDING BHS &
RO BHS**

TUCK & LAYOUT TECH

**MUST HAVE MULTIPLE BHS & A
TUCK UNSPOTTED ON FLOOR
OR TUMBLE TRACK**

PROJECT 6 - INVITE ONLY

**FUTURE LEVEL 6 ATHLETES
WILL BE INVITED TO START
TRAINING LEVEL 6 SKILLS**

