



SESSION 6 | SUMMER SESSION JULY 11TH - SEP 3RD | 8 WEEKS

PRICING = \$120.00 FOR 8 WEEKS

Annual registration fee **DUE** = \$50.00 per athlete / \$75.00 per family

Make-ups held during Open Gym times

MONDAY*:

3:30-4:30 | Londonderry High School
4:30-5:30 | Level 1
5:30-6:30 | Bedford D12
6:30-7:30 | Level 2
7:30-8:30 | Hudson Litchfield Bears

TUESDAY:

5:30-6:30 | Open Gym (\$5 members / \$10 non-members - exact cash only)
6:00-7:00 | Methuen High School
6:30-7:30 | Level 1
7:00-8:00 | Windham High School
7:30-8:30 | Merrimack Valley MS/HS
8:00-9:00 | West/Trinity High School

WEDNESDAY:

4:30-5:30 | Alvirne High School
5:30-6:30 | Souhegan High School
6:30-7:30 | Layouts & Fulls
7:30-9:00 | Dracut High School

THURSDAY:

3:30-4:30 | Bedford High School
4:30-5:15 | Tiny Tumbling
5:30-6:30 | Bedford D10
6:30-7:30 | Level 2
7:30-8:30 | Level 3

FRIDAY:

5:00-6:00 | Open Gym (\$5 members / \$10 non-members - exact cash only)
6:00-7:00 | Derry Demons

SATURDAY:

9:00-10:00 | Tiny Tumbling

SUNDAY:

5:00-6:30 | Craig's Open Gym (\$15 - exact cash only)

CLASS DESCRIPTIONS

TINY / BEGINNER TUMBLING

(Skill requirement: no skill required)

- This class will focus on building strong fundamental skills important to the progress of level 1 tumbling. Students will work on skills including forward / backward roll, cartwheel, round-off, front / back walkover.

LEVEL 1 TUMBLING

(Skill requirement: cartwheel and round-off)

- This class will focus on adding to the fundamental skills from beginner tumbling. Students will perfect back / front walkover technique and execution, as well as power hurdle round-off, back / front walkover series, and advanced level 1 combinations. Students will be working standing and round-off back handspring drills and techniques.

LEVEL 2 TUMBLING

(Skill requirement: front and back walkover, round-off)

- This class will focus heavily on standing and round-off back handspring. Students will perfect back handspring technique and execution. This class will include training in multiple back handspring combinations as well as advanced level 2 tumbling combinations. Students will begin working standing back tuck drills and techniques.

LEVEL 3 TUMBLING

(Skill requirement: perfected standing and round-off backhand spring ALONE)

- This class will focus on transitioning into multiple back handspring back tuck combinations. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 3 tumbling combinations.

LAYOUTS & FULLS

(Skill requirement: perfected round-off back handspring tuck ALONE)

- This class will focus on strengthening advanced standing and running tumbling, including standing tuck and jump to tuck combinations. Students will work on skills including layout, layout full, and standing tumbling combinations to layout and layout full.