



## SESSION 1 WINTER | 8 WEEKS JAN 2ND - FEB 26TH

### PRICING = \$140.00 FOR 8 WEEKS

Annual registration fee **DUE** = \$75.00 per athlete / \$125.00 per family

\*Make-ups held during Open Gym times\*

#### MONDAY:

3:30-4:30 | Londonderry HS  
4:30-5:30 | Level 2  
5:30-6:30 | Windham D10  
6:30-7:30 | Hudson Litchfield Bears D8  
7:30-8:30 | Manchester South Sabres

#### TUESDAY:

3:30-4:30 | Hudson Memorial  
4:30-5:30 | Methuen High School  
5:30-6:00 | Stretch & Flex w/ Kylee (\$80 team members / \$100 non-team)  
5:30-6:30 | Level 1  
6:00-7:00 | Londonderry Wildcats L3  
6:30-7:30 | Level 2  
7:00-8:00 | Hollis Brookline  
7:30-8:30 | Level 3

#### WEDNESDAY:

3:30-4:30 | Hood Middle School  
4:30-5:30 | Londonderry Wildcats L1  
5:30-6:30 | Nashua South  
6:30-7:30 | Layouts & Fulls  
7:30-8:30 | Littleton High School  
**7:30-8:30 | Advanced Open Gym\* w/ Mikel & Holli**

(\*Must have unassisted tuck skills or higher - \$5 members / \$10 non-members - exact cash only)

#### THURSDAY:

3:30-4:30 | Bedford High School  
4:30-5:15 | Tiny Tumbling  
5:30-6:30 | Bedford D10  
6:30-7:30 | Pembroke Academy  
7:30-8:30 | UMASS Lowell (Starts 1/19)

#### FRIDAY:

**5:00-6:00 | Open Gym** (\$5 members / \$10 non-members - exact cash only)  
6:00-7:00 | Derry Demons  
7:00-8:00 | Londonderry Wildcats L2

#### WEEKEND:

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.