



CLASS SESSION 2 | 7 WEEKS

NOV 6TH - DEC 23RD



PRICING = \$122.50 FOR 7 WEEKS

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

Make-ups held during Open Gym times

MONDAY:

3:00-4:00
Londonderry HS

4:30-5:30
Windham D10

5:30-6:30
Windham D12

6:30-7:30
Level 2/3

7:30-8:30
South Sabres

TUESDAY:

3:15-4:30 HMS

4:00-5:00
Auburn

4:30-5:30
MHS,
Pembroke

5:00-6:00
Bedford D8

5:30-6:30
Level 1

6:00-7:00
Pelham MS

6:30-7:30
Tucks, Layouts
& Fulls

7:30-8:30
UMASS Lowell

WEDNESDAY:

3:30-4:30
Salem HS

4:30-5:30
HL Bears D10

5:30-6:30
Level 2

6:30-7:30
Bedford D10

7:00-7:30
Stretch & Flex
W/ Coach Kylee
\$70 team members /
\$90 non-team

7:30-8:30
Nashua HS

THURSDAY*:

*6 WEEKS = \$105

2:30-3:30
Hood MS

3:30-4:30
Bedford HS

4:00-5:00
Tiny Tumbling

4:30-5:30
Open Gym
\$10 members
\$15 non-members
Exact cash only

5:30-6:30
Windham D8

6:30-7:30
Londonderry
Wildcats

FRIDAY*:

*6 WEEKS = \$105

4:00-5:00
M. Hawks L1

4:30-5:30
Bedford D12/14

5:00-6:00
M. Hawks L2/3

5:30-6:30
Derry Demons

6:00-7:00
Milford
Jr. Spartans

7:00-8:00
Open Gym
\$10 members
\$15 non-members
Exact cash only

SATURDAY:

9:00-10:00
Tiny Tumbling

11:00-12:00
Level 1

11:00-12:00
Level 2

SUNDAY:

5:00-6:30
Coach Craig's
Open Gym
\$20 per person
Exact cash only

CLASS DESCRIPTIONS

TINY / BEGINNER TUMBLING (AGES 4-6)

(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 (AGES 7+)

(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.

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.