



# CLASS SESSION 4 | 7 WEEKS

## MAR 4TH - APR 21ST



**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 within session\*

### MONDAY:

**3:00-4:00**  
Londonderry

**4:00-5:00**  
Weare MS

**4:30-5:30**  
Windham L1/2

**5:30-6:30**  
Windham L3+

**6:30-7:30**  
Level 2 (FULL)

**7:30-8:30**  
South Sabres

### TUESDAY:

**4:00-5:00**  
Auburn & HMS

**4:30-5:30**  
SR 10/12

**5:00-6:00**  
Wildcats L1

**5:30-6:30**  
Wildcats L2/3

**6:00-7:00**  
Level 1/2

**6:30-7:30**  
Weare Youth

**6:30-7:30**  
Tucks with Nina  
(FULL)

**7:30-8:30**  
Layouts & Fulls  
(FULL)

### WEDNESDAY:

**3:30-4:30**  
Level 2/3

**4:30-5:30**  
Salem/Woodbury

**5:30-6:30**  
Level 2  
(FULL)

**6:30-7:30**  
Bedford D8/10

**7:00-7:30**  
Stretch & Flex  
\$80.00 for session  
(FULL)

**7:30-8:30**  
Open Gym  
\$10 members  
\$15 non-members  
Exact cash only

### THURSDAY:

**3:30-4:30**  
Bedford HS

**4:00-5:00**  
Tiny Tumbling  
(FULL)

**4:30-5:30**  
BG & Alvirne

**5:30-6:30**  
Level 1  
(FULL)

**6:30-7:30**  
HL Bears

**7:30-8:30**  
Level 3  
(FULL)

### FRIDAY:

**4:00-5:00**  
M. Hawks L1/2

**4:30-5:30**  
Bedford D12/14

**5:00-6:00**  
M. Hawks L2+  
*\*BHS required*

**5:30-6:30**  
Derry Demons

**6:00-7:00**  
Milford  
Jr. Spartans

**6:30-7:30**  
SR 8/10

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

### SATURDAY:

**9:00-10:00**  
Tiny Tumbling  
(FULL)

**10:00-11:00**  
Level 2 (FULL)

**11:00-12:00**  
Level 1

### 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.