



# CLASS SESSION 1 | 8 WEEKS

## SEP 3RD - OCT 27TH



**PRICING = \$160.00 FOR 8 WEEKS**

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

\*No more than 2 make-ups are allowed - make-up during Open Gym times within session\*

### MONDAY:

\*7 WEEKS = \$140

**3:30-4:30** LHS

**4:00-5:00**  
Milford HS

**4:30-5:30**  
Windham  
Jr. Pee Wees

**5:00-6:00**  
Goffstown

**5:30-6:30**  
Windham JV

**6:00-7:00**  
Salem Rams

**6:30-7:30**  
Level 2

**7:00-8:00**  
Timberlane

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

### TUESDAY:

**3:30-4:30** Alvirne

**4:00-5:00**  
**Open Gym**  
\$10 members  
\$15 non-members  
Exact cash only

**4:30-5:30** BG

**5:00-6:00**  
Bedford D8/10

**5:30-6:30**  
Merrimack HS

**6:00-7:00**  
Windham  
Mitey-Mites

**6:30-7:30**  
Level 3

**7:00-8:00** GSE

**7:30-8:30**  
**Layouts & Fulls**

### WEDNESDAY:

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

**4:00-5:00**  
**Tiny Tumbling**

**4:30-5:30**  
HL Bears D6/8

**5:30-6:30**  
Level 2

**6:30-7:30**  
Nashua &  
Souhegan

**7:30-8:30**  
Bedford D12

### THURSDAY:

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

**4:15-5:00**  
**Jump Class**

**4:30-5:30**  
Lond. Wildcats

**5:30-6:30**  
Level 1

**6:30-7:30**  
PA & Bow

**7:30-8:30**  
HL Bears D10/14

### FRIDAY:

**3:30-4:30**  
LMS

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

**4:30-5:30**  
Bedford D14

**5:00-6:00**  
M. Hawks L3+  
\*bhs required

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

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

**6:30-7:30**  
Blue Lions

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

### SATURDAY:

**9:00-10:00**  
**Tiny Tumbling**

**10:00-11:00**  
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 (AGES 7+)**

*(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 (AGES 7+)**

*(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.

### **LEVEL 4 TUMBLING (AGES 7+)**

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

- This class will focus on standing tucks, whips, and round-off back handspring layouts. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 4 tumbling combinations.

### **LAYOUTS & FULLS (AGES 7+)**

*(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.