



CLASS SESSION 3 | 8 WEEKS

JAN 2ND - FEB 23RD



PRICING = \$160 FOR 8 WEEKS / \$140 FOR 7 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

3:00-4:00 LHS

3:30-4:30 LMS

4:00-5:00

Milford HS

4:30-5:30

Windham L1/2

5:00-6:00

Goffstown

5:30-6:30

Windham L3+

*bhs required

6:30-7:30

Level 2

7:30-8:30

South Sabres

TUESDAY:

*7 WEEKS = \$140

3:30-4:30

Merrimack HS

4:15-5:15 HMS

4:30-5:30 Bow

5:00-6:00

Bedford D8/10

5:00-6:00

Level 3

5:30-6:30

Level 3

6:30-7:30

Layouts & Fulls

7:30-8:30 GSE

7:30-8:30

UMASS Lowell

Starts 1/21

WEDNESDAY:

*7 WEEKS = \$140

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

Salem Rams

7:30-8:30

Bedford D12

7:30-8:30

Nashua HS

THURSDAY:

*8 WEEKS = \$160

3:30-4:30

Level 2/3

4:00-5:00

Pelham HS

4:30-5:30

Open Gym

\$10 members

\$15 non-members

Exact cash only

5:30-6:30

Level 1

6:30-7:30

Trinity, PA & BG

7:30-8:30

HL Bears D10/14

7:30-8:30

Standing Tucks

FRIDAY:

*8 WEEKS = \$160

3:30-4:30

Alvirne HS

4:00-5:00

HB Rebels

4:30-5:30

Bedford D14

5:00-6:00

M. Hawks L1/2

5:30-6:30

Blue Lions

6:00-7:00

M. Hawks L3+

*bhs required

6:30-7:30

Milford Jr. Spars

7:00-8:00

Open Gym

\$10 members

\$15 non-members

Exact cash only

SATURDAY:

*8 WEEKS = \$160

9:00-10:00

Tiny Tumbling

10:00-11:00

Level 1

11:00-12:00

Level 2

SUNDAY:

3:30-4:30

Woodbury

Starts 1/12

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.

STANDING TUCKS (AGES 7+)

(Skill requirement: no skill required)

- This class will focus on teaching the technique for standing tucks and jump tuck combinations. Students will work on drills, techniques, and approaches for standing tucks and jump tuck 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.