



CLASS SESSION 4 | 8 WEEKS

MAR 3RD - APR 27TH



PRICING = \$160 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 (ages 7+ only)

MONDAY:

3:30-4:30
Londonderry

4:30-5:30
Windham

4:45-5:30
Stretch & Flex

5:30-6:30
Goffstown

6:30-7:30
Level 2

7:30-8:30
South Sabres,
Nashua & Trinity

TUESDAY:

3:30-4:30
Merrimack HS

4:00-5:00 HMS

4:30-5:30
Level 1

4:30-5:30
Level 3/4

5:00-6:00
Bedford L1/2

5:30-6:30
Level 3

6:30-7:30
Layouts & Fulls

7:30-8:30
Advanced
Open Gym
*round-off bhs tuck
required, ages 7+
\$10 members
\$15 non-members
Exact cash only

WEDNESDAY:

3:30-4:30
Bedford HS

4:00-5:00
Tiny Tumbling

4:30-5:30
Salem Rams
L1/2

5:30-6:30
Level 2

6:30-7:30
Salem Rams L3+
*bhs required

7:30-8:30
Bedford L3+
*bhs required

THURSDAY:

3:30-4:30
Level 2/3

4:30-5:30
Open Gym
(Ages 7+)
\$10 members
\$15 non-members
Exact cash only

5:30-6:30
Level 1

6:30-7:30
HL Bears

7:30-8:30
Level 3

FRIDAY:

3:30-4:30
Alvirne HS

4:00-5:00
Concord HS

4:30-5:30
HB Rebels

5:00-6:00
M. Hawks L1/2

5:30-6:30
Pembroke Jr.
Spartans

6:00-7:00
M. Hawks L3+
*bhs required

7:00-8:00
Open Gym
(Ages 7+)
\$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:

3:30-4:30
Salem Juniors

5:00-6:30
Coach Craig's
Open Gym
(Ages 7+)
\$20 per person
Exact cash only

7:00-8:30
18+ Open Gym
*must be age 18+
\$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 3/4 TUMBLING (AGES 7+)

(Skill requirement: perfected standing and round-off backhand spring ALONE, ability to throw a tuck somewhere in the gym ALONE)

- This class will focus on cleaning up level 3 sequences, solidifying tucking skills, transitioning into multiple back handspring back tuck and layout combinations. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 3 and level 4 tumbling combinations and standing tucks.

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.