



CLASS SESSION 5 | 8 WEEKS MAY 5TH - JUN 29TH



PRICING = \$160.00 FOR 8 WEEKS

Annual registration fee **DUE** = \$50.00 per athlete / \$85.00 per family

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

MONDAY:

*7 weeks = \$140

*No class 5/26

3:30-4:30

Londonderry

4:00-5:00

Tiny Pre-Team

*Pre-Team cost = \$175

4:30-5:30

Windham

5:15-6:00

Stretch & Flex

5:30-6:30

Goffstown

6:00-7:00

Pembroke Jr
Spartans

6:30-7:30

Level 2

7:30-8:30

South Sabres

TUESDAY:

3:30-4:30

Merrimack HS

4:00-5:00

HMS

4:30-5:30

Level 1

4:30-5:30

Level 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

\$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

\$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

5:30-6:30

Hampstead MS

6:00-7:00

Merrimack

Hawks

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:

3:30-4:30

Salem Juniors

*7 weeks = \$140

*No class 5/25

5:00-6:30

Coach Craig's

Open Gym

\$20 per person

Exact cash only

CLASS DESCRIPTIONS

TINY TUMBLE (AGES 4-6) *NO TUMBLING EXPERIENCE 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 | BEGINNER (AGES 7+) *NO TUMBLING EXPERIENCE 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, and front / back walkover, as well as power hurdle round-off and level 1 combinations.

LEVEL 2 | INTERMEDIATE (AGES 7+) *MUST HAVE BACK / FRONT 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 | ADVANCED (AGES 7+) *MUST HAVE STANDING BACK HANDSPRING & ROUND-OFF BACK HANDSPRING

- 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 | PRE-ELITE (AGES 7+) *MUST HAVE PERFECTED ROUND-OFF BACK HANDSPRING TUCK

- 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 | ELITE (AGES 7+) *MUST HAVE PERFECTED ROUND-OFF BACK HANDSPRING TUCK

- 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.