



## CLASS SESSION 6 | 8 WEEKS JUL 7TH - AUG 31ST



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

Annual registration fee **DUE** = \$25.00 per athlete / \$40.00 per family

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

### MONDAY:

**3:30-4:30**  
Londonderry

**4:00-5:00**  
**Tiny Pre-Team**  
\*Pre-Team cost = \$200

**4:30-5:30**  
Windham

**5:15-6:00**  
**Stretch & Flex**

**5:30-6:30**  
Goffstown

**6:00-7:00**  
Pembroke

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

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

### TUESDAY:

**3:30-4:30**  
**Level 4**

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

**4:30-5:30**  
**Level 1**

**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**  
Blue Lions

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

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

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

**7:00-8:00**  
Hampstead MS

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

### THURSDAY:

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

**4:00-5:00**  
Pelham

**4:30-5:30**  
**Open Gym**  
\$10 members  
\$15 non-members  
Exact cash only

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

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

**7:30-8:30**  
**Level 3**

### FRIDAY:

**3:00-4:00**  
Alvirne HS

**4:00-5:00**  
HB Rebels

**5:00-6:00**  
HL Bears

**6:00-7:00**  
Wildcats

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

### SUNDAY:

**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.