



CLASS SESSION 6 | 8 WEEKS JULY 6TH - AUGUST 30TH



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

4:30-5:30
Tiny Tumbling

5:45-6:30
Stretch & Flex

6:30-7:30
Level 2

7:30-8:30
South Sabres

TUESDAY:

3:30-4:30
Pelham HS

4:30-5:30
Bishop Guertin

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

5:00-6:00
Tiny Pre-Team

5:30-6:30
Level 2

6:30-7:30
Bedford Youth

7:30-8:30
Derry Demons

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

6:00-6:45
Jumps Class

6:30-7:30
Intro to Tucks

FRIDAY:

4:00-5:00
Tiny Tumbling

5:00-6:00
Level 1

6:00-7:00
Level 2

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.

INTRO TO TUCKS (AGES 7+) *MUST HAVE STANDING BACK HANDSPRING & ROUND-OFF DOUBLE BACK HANDSPRING

- This class is for athletes who have mastered their back handsprings and are ready to begin developing proper back tuck technique. It will focus on building the strength & body control necessary to create a solid back tuck foundation through structured drills & progressions.

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.

JUMPS CLASS (AGES 7+) *NO EXPERIENCE REQUIRED

- Our Jumps Class is designed to build power, flexibility, and execution. Through targeted drills, conditioning, and flexibility training, athletes will work toward proper jump technique, including body control, arm/leg placement, and synchronization. This is a 45 minute class.