CLASS SESSION 2 | 8 WEEKS
NOVEMBER 2ND - DECEMBER 27TH

PRICING = $160.00 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*

MONDAY:

3:30-4:30
Londonderry HS

4:30-5:30
Tiny Tumbling

5:30-6:30
Winnisquam

6:30-7:30
Level 2

7:30-8:30
South Sabres

TUESDAY:

3:30-4:30
Woodbury

4:30-5:30
Hudson

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 V

4:30-5:30
Bedford HS JV

5:30-6:30
Level 2

6:30-7:30
Milford HS

7:30-8:30
UMass Lowell

THURSDAY:
*6 WEEKS - $120

3:30-4:30
Level 2/3

4:30-5:30
Bedford D14

5:30-6:30
Level 1

6:30-7:30
Open Gym
$10 members
$15 non-members
Exact cash only

7:30-8:30
PSU & Littleton

FRIDAY:
*6 WEEKS - $120

3:00-4:00
Alvirne

4:00-5:00
Tiny Tumbling

5:00-6:00
HB Rebels

6:00-7:00
Wildcats

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

SATURDAY:
*6 WEEKS - $120

9:00-10:00
Tiny Tumbling

10:00-11:00
Level 1

SUNDAY:
*6 WEEKS - $120

3:30-4:30
Bedford D8/10

5:00-6:30
Sunday
Open Gym
$20 per person
Exact cash only

10 LIBERTY DR. | PATRIOT PARK | LONDONDERRY, NH
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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.

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