



**\$60 Annual
Tumble
Fee
Required**

Tumbling Program

SPRING SESSION

March 11 – June 7, 2024

12-week session*
Make-up week
 June 10 – 14
 No classes
 Mar 25-29, May 27

Fitwize provides a quality Cheer & Tumble Developmental Program, which includes tumbling and cheerleading skills, as well as overall conditioning. The spring session is 12-weeks, with exception to Mondays,* which is 11-weeks. A minimum of three athletes in a class is required for class to be held. **Coach evaluation is required for all classes with exception to Pre-K, Intro and High School Tumbling.**



SPECIALTY CLASSES

WALKOVERS **\$350**
12-week session **Wed 5:15-6:15pm**
 We will learn to perform & perfect front and back walkovers while focusing heavily on developing body control. A back-bend or bridge kick-over are required prerequisites.

PRE-K TUMBLING (ages 3-5) **\$350/\$320**
12-week session* **Mon 5:15-6:15pm, Tue, 4-5pm, Wed 4-5pm**
 We incorporate gross & fine motor skills, movement & balance, and small & large muscle groups to develop flexibility, strength and coordination. Potty-trained preschoolers ages 3-5 will enjoy obstacle courses, games and tumbling rotation stations.

INTRO TO TUMBLING **\$350/\$320**
12-week session* **Mon 4-5pm, Mon 6:30-7:30pm, Tue 4-5pm, Tue 5:15-6:15pm, Wed 5:15-6:15pm, Thu 4-5pm, Thu 5:15-6:15pm, Fri 5:15-6:15pm**
 Focus is on tumbling basics: handstands, cartwheels, forward and backward rolls, body positions, flexibility and strength, and will learn drills, terminology and proper stretching technique.

T1 TUMBLE BASICS **\$350/\$320**
12-week session* **Mon 5:15-6:15pm, Tue 5:15-6:15pm, Tue 6:30-7:30pm, Wed 4-5pm, Wed 6:30-7:30pm, Thu 5:15-6:15pm, Fri 4-5pm (T1/Back handspring combo class)**
 Intro skills will be perfected and athletes will learn a proper hollow body position, learn to punch off the floor with their toes and locked ankles, with a strong focus on round-offs. While perfecting round-offs & handstands, athletes begin drills for back handsprings and round-off back handsprings.

BACK HANDSPRING (BHS) **\$350/\$320**
12-week session* **Mon 4-5pm, Tue 5:15-6:15pm, Wed 5:15-6:15, Wed 6:30-7:30pm, Thu 4-5pm, Thu 6:30-7:30pm, Fri 4-5pm (T1/Back handspring combo class)**
 Athletes must have a strong round-off and basic skills, such as handstands, cartwheels and bridges. We will focus on standing back handsprings while continuing to strengthen round-offs with emphasis on good technique and confidence in skills.

T2 HANDSPRINGS & CONNECTIONS **\$350/\$320**
12-week session **Mon 6:30-7:30pm, Tue 6:30-7:30pm, Wed 6:30-7:30pm, Fri 5:15-6:15pm**
 Must have tested out of BHS or have required skills: on tumble trak & round-off rebound on rod floor. We will focus on drills for round-off back handsprings, standing back handsprings on spring & rod floors, & back handspring rebound technique.

T2.5 SERIES BACK HANDSPRINGS **\$350/\$320**
12-week session* **Mon 7:30-8:30pm, Thu 6:30-7:30pm**
 Class is for those who have a strong standing back handspring & running round-off back handspring. We will work on mastering round-off back handspring rebounds & connecting series back handsprings.

T3 RUNNING TUCKS **\$350/\$320**
12-week session* **Mon 6:30-7:30pm, Tue 6:30-7:30pm, Wed 7:30-8:30pm**
 Athletes must test out of Series Back Handsprings or have the required skills: a mastered round-off series back handsprings with a rebound. We will focus on proper tuck form & educating ourselves more on the dynamics of tumbling. This is an advanced class for experienced tumblers.

T4 LAYOUTS AND BEYOND **\$350/\$320** **NEW**
12-week session* **Mon 7:30-8:30pm, Wed 7:30-8:30pm**
 Athletes must test out of Running Tucks or have the required skills: a mastered round-off back handspring back tuck. Our focus will be on proper layout technique while also learning other advanced skills, connections & variations. This is an advanced class for experienced tumblers.

OPEN GYM **\$20/per 2-hour session**
Check our Facebook page/Instagram for updates
 For athletes who would like to work on skills by themselves. It is supervised, however not instructed like a tumble class. Spotters will always be present for stunting & tumbling.

MINI GYM

Classes are ongoing
Ages 6 months-4 years old
Register at any time

\$60 annual tumble fee

All athletes must have an annual tumble fee in good standing to participate in our tumbling program. Once your fee has been paid, it will cover all classes for a full year.

