



# Tumbling Program SUMMER SESSION

June 17 - August 16

**9 Week Session**  
You choose 7  
classes to attend  
**Tumbling Closed**  
July 4



Fitwize provides a quality Cheer & Tumbling Developmental Program for youth & high school athletes that includes development in tumbling & cheerleading skills, as well as overall fitness conditioning. A minimum of 3 athletes is required for the class to be held.

**Offering 9 weeks of tumbling this summer\*; you choose 7 classes to attend (same day/time each week of the session).** Session is \$205 to cover 7 classes with no make-up week. \* Thursday is 8-weeks due to the July 4th holiday; you choose 7 to attend. **Coach evaluation is required for all classes with exception to Pre-K, Intro and High School Tumbling.**



## PRE-K TUMBLING (ages 3-5) \$205

9-week session\* Mon 5:15-6:15pm, Wed 5:15-6:15pm

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 \$205

9-week session\* Mon 6:30-7:30pm,

Tue 5:15-6:15pm, 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 \$205

9-week session\* Mon 5:15-6:15pm, Tue 5:15-6:15pm,

Wed 6:30-7:30pm, Thu 5:15-6:15pm, Fri 6:30-7:30pm

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) \$205

9-week session\*

Mon 6:30-7:30pm, Tue 6:30-7:30pm, Wed 5:15-6:15,

Wed 6:30-7:30pm, Thu 6:30-7:30pm, Fri 6:30-7:30pm

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 \$205

9-week session Tue 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 \$205

9-week session\*

Mon 7:30-8:30pm, Tue 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 \$205

9-week session\* Tue 7:30-8:30pm, 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 \$205 NEW

9-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 \$25/pre-register rate / \$30 walk-in rate

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



### \$75 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.

