



**\$75 Annual  
Tumble  
Fee  
Required**

# Tumbling Program

## WINTER SESSION

December 2 – February 28, 2025

11-week session\*  
Make-up week  
Mar. 3-7  
No classes  
Dec. 23-Jan. 3, Feb. 17



Fitwize provides a quality Cheer & Tumble Developmental Program, which includes tumbling and cheerleading skills, as well as overall conditioning. The winter session is 11-weeks, with exception to Mondays,\* which is 10-weeks. A minimum of four athletes in a class is required for the class to be held. **Coach evaluation is required for all classes with exception to Pre-K and Intro.** **After School Families: contact the front desk for your 10% discount code.**

### PRE-K TUMBLING (ages 3-5) \$320/\$290

11-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 \$320/\$290

11-week session\*

Mon 4-5pm, Tue, 4-5pm, Tue 5:15-6:15pm, Wed 5:15-6:15pm, Thu 4-5pm, 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 \$320/\$290

11-week session\*

Mon 5:15-6:15pm, Tue 5:15-6:15pm, Wed 6:30-7:30pm, Thu 5:15-6:15pm, Fri 4-5pm

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) \$320/\$290

11-week session\*

Mon 4-5pm, Mon 6:30-7:30pm, Tue 6:30-7:30pm Wed 5:15-6:15, Thu 4-5pm, Thu 5:15-6:15pm, Thu 6:30-7:30pm, Fri 4-5pm

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 \$320

11-week session

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 \$320/\$290

11-week session\*

Mon 6:30-7:30pm, Tue 6:30-7:30pm, Wed 7:30-8:30pm (this is a combo T 2.5/T3 class), 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 \$320/\$290

11-week session\*

Mon 7:30-8:30pm, Wed 7:30-8:30pm (this is a combo T 2.5/T3 class)

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 \$320/\$290 NEW

11-week session\*

Mon 7:30-8:30pm, Tue 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.

