

Tumbling Program SPRING SESSION

March 10 – June 16, 2025



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.



SPECIALTY CLASS

WALKOVERS	\$348
12-week session	Wed 4-5pm

We will learn to perform & perfect front and back walkovers while focusing heavily on developing body control. A backbend or bridge kick-over are required prerequisites.

PRE-K TUMBLING (ages 3-5)

\$348/\$319

Mon 5:15-6:15pm, Tue 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

\$348/\$319

Mon 4-5pm, Tue, 4-5pm, Tue 5:15-6:15pm, Wed 4-5pm,

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

\$348/\$319

Mon 5:15-6:15pm, Tue 5:15-6:15pm, Wed 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)

\$348/\$319

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

\$348

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

Mon 6:30-7:30pm, Wed 7:30-8:30pm (combo T 2.5/T3 class) Class is for those who have a strong standing back handspring & running round-off back handspring. We will work on mastering roundoff back handspring rebounds & connecting series back handsprings.

T3 RUNNING TUCKS

\$348/\$319

\$348/\$319

Mon 7:30-8:30pm (combo T3/T4 class), Tue 7:30-8:30pm 30pm

(combo T3/T4 class), Wed 7:30-8:30pm (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

\$348/\$319

Mon 7:30-8:30pm (combo T3/T4 class)

Tue 7:30-8:30pm 30pm (combo T3/T4 class)

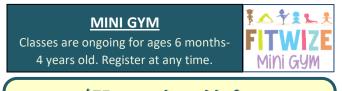
Athletes must test out of Running Tucks or have the required skills: a mastered round-off back handspring back tuck. Our focus will be on proper layout technique while also learning other advanced skills, connections & variations. This is an advanced class for experienced tumblers.

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.



\$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.

kids 21720 Red Rum Dr., Suite 112, Ashburn, VA 20147 | (703) 723-4176 | ashburn@fitwize4kids.com | fitwize4kids.com/ashburn

