

YOUNGSTOWN GYMNASTICS

Tumbling Classes

BEGINNER TUMBLING/JUMPS

★ Age Based Classes

- 5- 7 years or 8 years & older
- **FOCUS:** Cartwheels, Round-off, Handstands, Bridges, Bridge kick-overs, Walk-overs, Drills for back handsprings. Building the strength and flexibility needed to learn more difficult tumbling. Time spent on jumps, conditioning, and flexibility.

INTERMEDIATE TUMBLING/JUMPS

★ Age Based Classes

- 6-9 years or 9-16 years
- **FOCUS:** Round-offs, Walk-overs, Drills for Back Handsprings. Building the strength and flexibility needed to learn more difficult tumbling. Time spent on jumps, conditioning, and flexibility.
- **REQUIREMENT:** MUST have Back Walkover & Round-off to attend .
- This class will work towards Back Handsprings.
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ADVANCED TUMBLING

★ 8 years and older

- **REQUIREMENT:** MUST have Back Handspring with NO assistance to attend.
- Class suitable for anyone working on tumbling passes from Round-off Back Handspring to Tucks/Layouts/Twisting Tumbling.

Great Option for Cheerleaders or Students that just want to Tumble!

NEW Session Begins November 6th-January 20th!

One class a week/Cost: \$190 for session