**Cheer and Tumbling Sessions**

**Back Handspring** (6 years and older): This class is for any student laser focused on getting that BACK HANDSPRING. To make this class effective students should have a backbend and roundoff/cartwheel. To accelerate achievement of goals it may be helpful to take this class along with Cheer Tumle or Beginner Tumble.

**Cheer Tumble** **Jr**(ages 5 to 8years): The perfect start for a new tumbler. Students will work to build strength, establish basic skills, and increase flexibility. This class provides a great foundation and allows students to do more advanced skills as they progress. Will focus on tumbling and jumps. For additional training we recommend taking along with “Back handspring” class.

**Beginner Tumble** (Ages 8 years and up): Students will work to build strength, establish basic skills, and increase flexibility. This class is best for those who do not yet have a back handspring. This class provides a great foundation and allows students to do more advanced skills as they progress. For additional training we recommend taking along with “Back Handspring” class to accelerate achievement of goals.

**Intermediate Tumble** (Ages 8 years and up): Students will work to build strength, establish basic skills, and increase flexibility. This class is best for those who have a back handspring . This class provides a great foundation and allows students to do more advanced skills as they progress.

**Advanced Tumble** (Ages 8 years and up): Students will work to build strength, establish basic skills, and increase flexibility. This class is best for those who can do tumbling passes with multiple back handsprings and/or are working on back tucks. This class provides a great foundation and allows students to do more advanced skills as they progress.

**Advanced Tumble and Twist** (Ages 8 years and up): Students will work to build strength and increase flexibility. This class is best for those who have mastered multiple back handspring tumbling passes, back tucks, and are working on twisting tumbling passes.