

GIRLS INC. TUMBLING PROGRAM

Girls 5yrs and above will be learning tumbling skills based on their ability during this 1 hr a week class. Each child will be moved into more advanced classes as they master the required skills. This is a year round program with payment of \$50 due at the beginning of each month.



**girls
inc.**®

BASIC TUMBLING CLASS

Your Child will successfully master Forward and Backward Rolls, Head Stand, Back Bend, and Splits. They will begin skills that will help them develop into a **STRONG, SMART, AND BOLD.**™ Tumbler.

Once these skills are mastered your child will move into the

BASIC BEGINNER TUMBLING CLASS

Your Child will successfully master Kiss Kick/Hand Stands, Splits, Bridge-Kick Over, Cart Wheels, Backward Rolls and Fall Back Bridges.

They will continue to build upon skills that will help them develop into a **STRONG, SMART, AND BOLD.**™ Tumbler.

Once these skills are mastered your child will move into the Beginner Tumbling Class.

BEGINNER TUMBLING CLASS

Your Child will successfully master Hand Stands, Splits, Back Walk Over, Cart Wheels, Round Offs, Jumps/Leaps.

They will continue to build upon skills that will help them develop into a **STRONG, SMART, AND BOLD.**™ Tumbler.

Once these skills are mastered your child will move into the Intermediate Tumbling Class

INTERMEDIATE TUMBLING CLASS

Your Child will successfully master Cart Wheel Round Off Sequence, Back Hand Spring, Hand Stand Hold, Back Walk Over/Front Walk Over, Flex Training and Strength Training.

They will continue to build upon skills that will help them develop into a **STRONG, SMART, AND BOLD.**™ Tumbler.

Once these skills are mastered your child will move into the Advanced Tumbling Class.

ADVANCED TUMBLING CLASS

Your Child will successfully master Back Handspring Sequences, Front Tuck, Back Tuck and Sequence Tumbling
They will continue to build upon skills that will help them develop into a **STRONG, SMART, AND BOLD.**™ Tumbler.

For more information or to sign up for a class contact:

Tracy Crossno - Director of Athletics

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