

BREAK THE BARRIERS | TUMBLING CLASS SCHEDULE

Tumbling classes are for tumbling skills only without apparatus
Monthly fees: \$70.00 for one hour class per week

Basic - Advanced students must have a skills evaluation prior to enrollment
in a tumbling class. Please contact the BTB office to schedule an evaluation.

Basic Tumbling

Tuesday 7:00, Thursday 7:00, Wednesday 4:00, Saturday 12:00

Requirements: ages 6yrs.+ | Forward roll and stand up (no hands) | Kick to a handstand

The focus is mastery of foundational skills such as cartwheels, backbends, and roundoffs

Beginning Tumbling

Monday 6:00 & 7:00, Tuesday 7:00, Wednesday 5:00, Thursday 6:00, Saturday 12:00

Requirements: ages 8yrs.+ | Both right and left cartwheels | Round-off
Good handstand | Push up backbend

Intermediate Tumbling

Monday 7:00, Wednesday 7:00, Thursday 7:00

Requirements: ages 8yrs.+ | No spot round-off back handspring | Working side aerial
Working front hand-spring | Working front tuck

Advanced Tumbling

Tuesdays 6:00

Requirements: ages 8yrs.+ | Round-off with 3 back handsprings | No spot side aerial
No spot front hand-spring | Most of standing back tuck | Most of punch front

