



8 week session starting March 2nd- April 26th \$140/ per athlete

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Calvert Location)
Eclipse Practice 5:00-7:00	Little Novas Practice 5:00-6:00	Level 1 Tumbling 5:00-5:45	Level 1 Tumbling 5:00-5:45	Level 1 Tumbling 5:00-5:45	Tumbling Tots 9:00-9:45	Level 1 Tumbling 3:00-3:45
Level 2 Tumbling 7:00-7:45	Level 1 Tumbling 6:00-6:45	Blackout Practice 6:00-8:30	Teen Tumbling 5:45-6:30	Cheer Technique 5:45-6:30	Level 1 Tumbling 9:45-10:30	Level 2/3 Tumbling 3:45-4:30
Level 3 Tumbling 7:45-8:30	Ninjastics Tumbling 7:00-7:45		Code Red Practice 6:30-8:30	First Ladies Practice 6:30-8:30		
	Level 2 Tumbling 7:45-8:30					

Tumbling Tots – a joyful way for your child to explore movement through music, dance and tumbling. Participate with or without an adult in group activities designed to enhance rhythm and coordination.

Ninjastics–Entry Program –learn to maneuver through, over, and under obstacles + build both character and athleticism turning energy into ambition.

Level 1-Pre-Basic Tumbling -will learn cartwheel, roundoff, forward/backward roll, front/back walkover

Level 2-Basic Foundation -already has level 1 skills and will learn back-handspring (BHS) and roundoff BHS

Level 3-Tuck -already has level 1 and 2 skills and will work on connections on roundoff BHS tuck, front tuck.

Level 4/5-Layouts/Twisting –already has level 1, 2, and 3 skills and will learn layouts, standing back tuck, fulls, doubles, Arabians, jump to tuck, standing full

Open Gym –Open session for skills work without instructor