



6 week session starting May 9th- June 19th

\$90/ per athlete - 45 minutes

\$105/ per athlete – 60 minutes

\$100/ Small group (up to 4 tumblers)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Calvert Location)
Small Group 5:00-6:00	Cheer Tryout Prep 5:00-6:00	Small Group 5:00-6:00	Level 1 Tumbling 5:00-6:00	Reach out to Schedule your Privates	Tumbling Tots 9:00-9:45	Level 1 Tumbling 3:00-3:45
Small Group 6:00-7:00	Level 1 Tumbling 6:00-6:45	Small Group 6:00-7:00	Level 1 Tumbling 5:45-6:30		Level 1 Tumbling 9:45-10:30	Level 2 Tumbling 3:45-4:30
Level 2 Tumbling 7:00-7:45	Ninjastics Tumbling 7:00-7:45	Level 1 Tumbling 7:00-7:45	Level 2 Tumbling 5:45-6:30			
Level 3 Tumbling 7:45-8:30	Level 2 Tumbling 7:45-8:30	Teen 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

Small Groups- Grab your friends of the same skill set and enjoy a small class (No more than four tumblers)