



ANTICIPATED 2024 **SUMMER** TUMBLING CLASS SCHEDULE

*POSSIBLE CHANGES AND ADDITIONAL CLASSES MAY BE ADDED AS CLASSES FILL UP!

	MOMMY & ME <small>(45 min)</small>	LITTLE EXPLORERS <small>(45 min)</small>	KINDER INTRO	INTRO	BASIC I	BASIC II	INTERMEDIATE	ADVANCED	ELITE I	ELITE II	NEW Conditioning & Plyometrics	OPEN GYM	HIP HOP
MON		4:00		6:00	7:00		5:00		4:00			8:00	Hip Hop 4:00
TUE		11:00AM 5:00	4:00	10:00AM		7:00		6:00		11:00AM			
WED					4:00	6:00	11:00AM		5:00				
THUR								5:00	6:00	6:00	9:00AM		
FRI	<i>Specialty Camps, Clinics, and Open Gyms</i>												
SAT	9:00AM	11:00AM	10:00AM	10:00AM	12:00	12:00	12:00	10:00AM		12:00		11:00AM	

Summer Class Schedule will begin Monday June 10th, and go through Saturday, August 17th

Pride Summer Class Pricing

<p>Summer Tumbling</p> <p>June 10th - Aug 17th</p> <p>Pick YOUR amount of desired classes</p> <ul style="list-style-type: none">• NO Registration Fee• Discounted Price of \$20/class if all classes are paid for by June 10th. After June 10th, the price will be \$22/class.• Enrolling early for ALL of your desired dates ensures your class availability.• You pick your number of classes to buy and have all summer to use them.• You may enroll as you go but classes may fill up.• INSTRUCTORS can vary. Don't worry, you'll love them all.• Size of class may vary as we are more flexible to accommodate families' summer schedules.	<p>SIBLING DISCOUNT 10%</p> <p>With 2 or more in same family: 10% off each child (one discount per person, cannot be combined with team discount or other discounts)</p> <ul style="list-style-type: none">• ENROLL EACH CHILD as desired• USE code: SIBLING10 for each child or family total• <i>(abuse of discount code will not be honored for non-eligible students)</i>	<p>ALL STAR TEAM DISCOUNT 20% (one discount per person, cannot be combined with sibling discount or other discounts)</p> <ul style="list-style-type: none">• Price discount with team code (see your personal team email for code)• For 2024-2025 team members<ul style="list-style-type: none">○ Full Year○ Half Year, and Prep Teams are eligible (cheer and dance) if they have paid Team Registration Fee• <i>(abuse of discount code will not be honored for non-eligible students)</i>
<p>*SUMMER HOLIDAY:</p> <p><i>There will be NO tumbling class on Thursday, 7/4. Do not choose this day.</i></p>		



PRIDE CLASS DESCRIPTIONS

The primary skills are described below for simplicity, but many additional skills are trained at each class.

- AGES 6 and up are welcome at all levels unless noted. Ages 4-5 start in Little Explorers.
- Classes may be split further or joined together by age or difficulty within each time slot when it is beneficial.

OPEN GYM: *Ages 6 and up only please.* Fully supervised; multi levels; class size varies.

- Attend as an extra class for \$10. You do NOT need to pre-register, but please be informed of days off.
- Sign-in upon arrival. New students must fill out a waiver online or at the gym.

MAKE-UPS: Ages 6 and up. ***Use Open Gym as a make-up*** so you never have to lose a class that you miss.

- Ages 4-5yr may take a corresponding class of the same level to do a make-up. Please notify the office.

MOMMY & ME: An enjoyable experience for both mothers and tots to learn the development of basic motor skills and become introduced to the world of tumbling together! **Ages 2-3 (45min)**

LITTLE EXPLORERS: A fun class for preschool tumblers! This class works to enhance body awareness and learn fundamental tumbling skills with proper body positions. Trampoline, bar, balance beam, and mat stations. Themed classes for fun and interactive learning. Start good habits at a young age! **Ages 4-5 (45min)**

KINDER-INTRO: This class is great for new tumblers from **ages 5-7** but allows our Little Explorers who have experience to progress to an hour-long class. Learning proper shapes and technique for bridges and backbends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling!

INTRO: This class is great for NEW tumblers from **ages 7 and up (younger students should seek out our Kinder-Intro class)**. Learning proper shapes and technique for bridges and backbends, cartwheels, rolls, headstands, and other basic tumbling strengths that will provide the foundation for great tumbling!

BASIC I: *Must have perfected a cartwheel, forward roll, and press up to backbend with proper technique.* Continuing work on standing backbends, roundoffs, handstands, backward rolls, backbend kickovers, and front limbers

BASIC II: *Must have a perfected standing backbend kickover and front limber.* Progressing to fluid front and back walkovers, roundoffs, handstands, back extension rolls, and an introduction to drills for back handsprings.

INTERMEDIATE: *Must have a perfected back and front walkover.* Learning front and back handsprings, creating powerful roundoffs, and continuing to roundoff back handsprings.

ADVANCED: *Must have a perfected standing and roundoff back handspring.* Learning connected tumbling skills, standing multiple back handsprings, roundoff multiple back handsprings, front and back tucks, and roundoff bhs tucks.

ELITE I: *Must have a perfected roundoff bhs tuck and front tuck.* Learning standing back handspring back tuck, standing back tuck, round off back handspring layouts, and specialties such as front tuck step outs!

ELITE II: *Must have a perfected roundoff back handspring layout and standing tuck.* Learning twisting skills, such as fulls and doubles. Learning specialty skills, such as whips and arabians.

CONDITIONING AND PLYOMETRICS CLASS: *NEW!!* The focus of this class will be sports specific conditioning, including: endurance, speed, agility, plyometric and strength training with a focus on body shapes for tumbling.

DANCE CLASSES:

HIP HOP I : Covers a variety of beginner dance skills; Combos, Tricks, kip-ups, headsprings, and headstands.

HIP HOP II : For Intermediate dancers who have mastered the basics of Hip Hop I; Combos, Tricks, back handspring kip-ups, back-headsprings, and headspins, g-kips, neck springs.

