

| CLASS                                          | AGES          | MONDAY    | TUESDAY   | WED.      | THURS | FRIDAY    | SAT      | SUN |
|------------------------------------------------|---------------|-----------|-----------|-----------|-------|-----------|----------|-----|
| Open Play \$12<br>No Free Trials               | 1-5           |           |           |           |       | 10-12     |          |     |
| Parent & Me                                    | Under 3       |           |           | 10-11     | 10-11 |           |          |     |
| Tiny Tumblers                                  | 3-4           | 5-5:45    | 5:30-6:15 | 4:30-5:15 |       |           | 11-11:45 |     |
| Mini Tumblers                                  | 5             |           |           |           |       |           | 4:30     |     |
| Jr. Prep Tumble/Level 1                        | 5+            | 5:45-6:45 | 4:30      |           | 5-6   |           | 9:00     |     |
| Cartwheels Plus/Level 1                        | 8+            |           | 6:15      |           |       |           | 10:00    |     |
| Adv. Jr Prep Level 2<br>Walkovers, Handsprings | 10 &<br>under |           |           | 5:15      |       | 5:30-6:30 |          |     |
| Level 2 Walkovers, Handsprings                 | 6+            |           |           | 6:15      | 6-7   |           |          |     |
| Level 3/4 Tucks/Twists                         | 6+            |           |           | 7:15      |       |           |          |     |
| Ninja Kids                                     | 4.5-12        | 6:45      |           |           | 7-8   |           |          |     |
| Open Gym                                       | 8+            |           | 7:15-8:15 |           |       |           |          |     |

***How to determine which class to sign up for:***

**Tiny Tumblers:** This class is our beginner class for ages 3 & 4 years.

**Mini Tumblers:** Student will be working on rolls, bridges, cartwheels, handstands and kickovers. Ideal class for kids just turning 5 or moving up from our Tiny Tumble Class.

**JR Prep and Level 1** are run at the same times. This is the beginner class for all students who have not mastered a backbend or bridge kickover. Student will be working on rolls, bridges, cartwheels, handstands and kickovers. JR Prep is a younger age bracket and students will be grouped accordingly throughout the structure of the class.

**Cartwheels Plus** For “older” beginners who may have some tumbling experience (not required). Working Level 1 skills (see above class).

**Level 2 & Adv. Jr Prep** This class is for students who can do an unassisted backbend and bridge kickover. They will work on mastering/perfecting walkovers and mastering handsprings. Adv. Jr Prep teaches the same skills but is geared towards students 10 & under.

**Level 3:** This class is for students who can do unassisted multiple standing back handsprings. They will work on mastering running and connecting handsprings & tucks.

**Ninja Kidz:** Action-packed class that combines agility, strength, & balance training with fun obstacle courses & ninja-style challenges.