

CLASS	AGES	MONDAY	TUESDAY	WED.	THURS	FRIDAY	SAT	SUN
Open Play \$12 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					4:30-5:30		
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 Walkovers, Handsprings	10 & 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.