



# Tumble Program

## Time to take your tumbling to the next level!

Closed

1/1, 2/16, 5/25, 7/3,  
9/7, 11/26 - 11/27  
12/24 - 12/31

Fitwize is excited to transition to a year-round, monthly tumbling program. This change makes it easier than ever for athletes to continue developing their skills. Classes will be held weekly, with athletes attending their registered classes. Tuition is \$110/month. Discounts are available for siblings, athletes enrolled in multiple classes and to families enrolled in our After School Program (see front desk for details).

If you're new to our gym, please [schedule an evaluation](#). *Coach evaluation is required for all classes with exception to Pre-K & Intro.*

### SPECIALTY CLASSES

**NEW!**

#### INTRO TO CHEER

**Thu 4-5pm**

Interested in learning the basics of cheerleading without having to join an All-Star team? This class is a great fit for athletes looking to explore the basics of cheer. Participants will work on fundamental motions, jumps and stunts, with a focus on developing skills that can help prepare them for future tryouts.

#### INTRO TO GYMNASTICS

**Tue 6-7pm**

Interested in learning the fundamentals of gymnastics without the pressure or commitment? This class is perfect for athletes who want to build a strong foundation in gymnastics while having fun! Participants will learn basic skills and techniques across all four events: vault, bars, beam and floor. Coaches will also be available to provide support with beam and floor routine development.

#### PRE-K TUMBLING (ages 3-5)

**Mon 5:15-6:15pm, Wed 4-5pm**

Potty-trained preschoolers ages 3-5 will participate in a well-structured stretch to warm-up and various skill-building stations focused on forward and backward rolls, handstands, cartwheels, bridges and air awareness on the Tumbl Trak. Stations are tailored to each child's level to support skill development.

#### INTRO TO TUMBLING

**Mon 5:15-6:15pm, Wed 4-5pm, Thu 5:15-6:15pm**

Our Intro class teaches tumbling basics like forward and backwards rolls, handstands, cartwheels and bridges on the floor. Tumblers will also learn a variety of jumps on our Tumbl Trak, expanding their knowledge of body positions and terminology.

#### T1 TUMBLE BASICS

**Mon 4-5pm, Wed 5:15-6:15pm, Thu 5:15-6:15pm, Fri 4-5pm**

Skills introduced in our Intro class will be mastered, with increased focus on handstands and round-offs; essential foundations that must be mastered before advancing to our back handspring class. *Coach evaluation required.*

#### BACK HANDSPRING (BHS)

**Mon 4-5pm, Mon 6:30-7:30pm, Thu 6:30-7:30pm, Fri 4-5pm**

Athletes must have a strong round-off rebound and solid basic skills. We will focus first on standing back handsprings, then progress towards connecting a round-off back handspring based on coach evaluation. Conditioning will be incorporated to prepare athletes' muscles for faster, more advanced tumbling. *Coach evaluation required.*

#### T2 HANDSPRINGS & CONNECTIONS

**Mon 6:30-7:30pm**

Athletes must have a solid back handspring on the Tumbl Trak and a round-off rebound on either the spring or rod floor. Class focuses on connections and technique across all tumbling platforms. *Coach evaluation required.*

#### T2.5 SERIES BACK HANDSPRINGS

**Wed 6:30-7:30pm**

This class builds on Tumble 2, with a stronger focus on tumbling exclusively on the spring or rod floor. Athletes will perfect connections and begin drills for flipping after a round-off back handspring. *Coach evaluation required.*

#### T3 RUNNING TUCKS

**Wed 6:30-7:30pm**

**Mon 7:30-8:30pm and Tue 7:30-8:30pm (combo T3/T4 class)**

Athletes must have a round-off back handspring and standing series on the floor to join this class. The focus is building confidence in flipping tumbling across all platforms, with emphasis placed on a deeper understanding of shaping and timing. *Coach evaluation required.*

#### T4 LAYOUTS AND BEYOND

**Mon 7:30-8:30pm and Tue 7:30-8:30pm (combo T3/T4 class)**

Athletes must have mastered Tumble 3 skills to join this class. Focus is on layout technique and learning additional advanced skills. This is an advanced class for experienced tumblers only. *Coach evaluation required.*

#### OPEN GYM

**\$25/pre-register rate / \$30 walk-in rate**

**Sundays, 3:30-5:30pm**

Register by 11:59pm the day before an Open Gym and receive a \$5 savings! Stay tuned for Holiday/Teacher Work Day Bonus Open Gyms.

Athletes can enjoy extra training in a supervised, unstructured format, with spotters available for tumbling and stunting.

#### MINI GYM

Classes are ongoing for ages 6 months-4 years old. Register at any time.



#### \$75 annual tumble fee

All athletes must have an annual tumble fee in good standing to participate in our tumbling program. Once your fee has been paid, it will cover all classes for a full year.

