

# Winter Classes

Schedule Begins 11/28-4/21

All classes are 45 minutes long unless noted\*



## **Monday**

4:15PM Flyer 2  
4:15PM Kickovers & Walkovers  
5:00PM Tucks and Layouts  
5:00PM Jumps and Conditioning  
5:45PM Tumble Basics  
6:30PM Advanced Back Handsprings  
6:30PM Advanced Basics

## **Wednesday**

4:45PM Flyer 1  
4:44PM Kickovers and Walkovers  
5:30PM Tumble Basics (Ages 4-7)  
5:30PM Jumps and Conditioning  
5:45PM Whips and Arabians  
6:15PM Beginner Back Handsprings  
6:15PM Advanced Basics  
7:00PM Front Handsprings and Bounders

## **Friday**

4:15PM Open Tumbling (Ages 9+)  
5:00PM- Beginner/Advanced Back Handsprings  
5:45PM- Tumble/Advanced Basics  
6:30PM- Kickovers and Walkovers

## **Tuesday**

4:00PM Tucks and Layouts  
4:30PM Crazy for Cartwheels  
5:30PM Twisting Skills  
5:15PM Tumble Basics  
6:30PM Jumps and conditioning  
7:15PM Flyer 1

## **Thursday**

4:00PM Jumps & Conditioning  
4:15PM Twisting Skills  
4:45PM Advanced Back Handsprings  
5:30PM Standing Tucks  
6:15PM Beginner Back Handsprings  
6:15PM Kickovers & Walkovers

## **Winter Tumbling Clinics (Ages 6+)**

February Vacation -

Wednesday 02/22 12:30pm-3:30pm

April Vacation -

Monday 04/17 12:30pm-3:30pm

