



TUMBLING CLASS OBJECTIVES

Premier Athletics tumbling classes teach the popular tumbling skills of cheerleading in a safe environment with the proper progression. In addition to tumbling classes, we offer Cheer Prep classes that will improve jumps, jump techniques, and flexibility in addition to preparing students for cheerleading try-outs. All classes provide strength and flexibility training while having fun!! Class ratios do not exceed 8 athletes to 1 instructor. All classes are 55 minutes long.

Youth Cheer Prep (Ages 4-7): This class is designed to introduce the basic components of tumbling and cheerleading to younger athletes. These components include skills like toe-touch, High-V, Low-V, etc. with cartwheels, round-offs, handstands, and front and back walkovers. Emphasis will be placed on correct form and conditioning drills to help accomplish the skills needed to progress to the athlete's desired goals in cheerleading.

Introduction to Tumbling (Ages 6+): This class is designed to introduce the basic tumbling skills to your athlete. These skills include cartwheels, round offs, handstands, and backbend kick overs. Athletes will begin skills that will help their bodies develop to be a strong tumbler. Emphasis will be placed on correct form and conditioning drills to help athletes' bodies to develop to be a stronger tumbler and accomplish the skills required for advancement.

FUNdamental Tumbling (Ages 6+): All skills from Introduction to Tumbling must be mastered before moving on to FUNdamental Tumbling. This class is designed to successfully master the connection of skills listed in Intro to Tumbling. The athlete will also begin a very basic understanding of a back handspring.

Tumbling 100 (Ages 6+): All skills from FUNdamental Tumbling must be mastered before moving on to Tumbling 100. This class is designed to introduce the back handspring to athletes and begin to master the skill. Athletes will begin skills that will help their bodies develop to be a stronger tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

Tumbling 200 (Ages 6+): All skills from Tumbling 100 must be mastered before moving on to Tumbling 200. The athlete will master round off back handsprings and standing back handsprings while being introduced to back tucks. Athletes will begin skills that will help their bodies develop to be a stronger tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

Tumbling 300 (Ages 6+): All skills from Tumbling 200 must be mastered before moving on to Tumbling 300. This class focuses on mastering connecting skills such as a round off back handspring back tuck, a round off tuck, and front tuck. Athletes will also be introduced to stand back handspring back tucks and standing back tucks. Athletes will begin skills that will help their bodies develop to be a stronger tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

Tumbling 400 (Ages 6+): All skills from Tumbling 300 must be mastered before moving on to Tumbling 400. This class focuses on successfully mastering round off back handspring layout, standing back handspring to a tuck, and standing back tuck. The athlete will begin an introduction to advanced combination skills. Athletes will begin skills that will help their bodies develop to be a stronger tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

Tumbling 500 Elite (Ages 6+): All skills from Tumbling 400 must be mastered before moving on to Tumbling 500 Elite. The athlete will begin and master advanced combination skills such as round off back handspring full, standing back handspring full, round off back handspring double full, standing back handspring double full, standing fulls, and jumps to a full. Athletes will begin and master skills that will help their bodies develop to be a strong tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

Cheer Prep (Ages 8+): This class is designed to prepare students for cheerleading try-outs. Cheer Prep will focus on jumps, motions, and general try-out preparations and procedures. This class will also instruct students on how to incorporate tumbling into cheer.

Back Handspring & Back Tuck Supplemental Classes on back 



TUMBLING CLASS OBJECTIVES

Supplemental Tumbling Classes:

(MUST be enrolled in a Tumbling 200, 300, or 400 level class to enroll in supplemental classes)

Back Handspring (Ages 6+): *This class is to be taken in conjunction with Tumbling 200.* All skills from Tumbling 100 must be mastered before adding the Back Handspring class. This class is designed to focus on successfully mastering a standing back handspring and building strength to complete tumbling skills. Drills will be used to help improve the athlete's body strength and master the back handspring.

Back Tuck (Ages 6+): *This class is to be taken in conjunction with Tumbling 300 or Tumbling 400.* All skills from Tumbling 200 must be mastered before adding the Back Tuck class. This class is designed to focus on successfully mastering a standing back tuck and building strength to complete tumbling skills. Drills will be used to help improve the athlete's body strength and master the back tuck.



GYMNASTICS CLASS DESCRIPTIONS

Girls:

The girls gymnastics program at Premier Athletics includes all recreational levels; Beginner, Intermediate, and Advanced. These classes are for females only ages 6-18. The program's strengths include a strong foundation of basic skills, generation of self-esteem and a fun, learning environment. Tumble, balance, strength and flexibility are the primary aspects of all the classes. Athletes will work on the balance beam, uneven parallel bars, floor, tumble-track and vault. The classes have a ratio of 8 athletes to 1 instructor. All classes are 55 minutes long.

Girls Beginner (Ages 6+): The athlete will be introduced to basic tumble, bar, beam and vaulting skills with an emphasis on balancing, and correct landing and body positions. Tumble skills worked on in this class are cartwheels, round-offs, handstands, forward and backward rolls, and bridge kick-overs.

Girls Beginner II (Ages 6+): This class is designed for a athlete who has a very good understanding of the "Girls Beginner" skills, but needs more work on form and execution. More flexibility and conditioning drills will be introduced to help the athlete prepare for the next level.

Girls Intermediate (Ages 6+): Front and back walkovers are introduced as well as the back handspring skill. The athlete will continue to work more advanced skills on the different apparatus. Leaps and turns on balance beam, and glides and tap wings on bars are just a few examples of the new skills taught in this class.

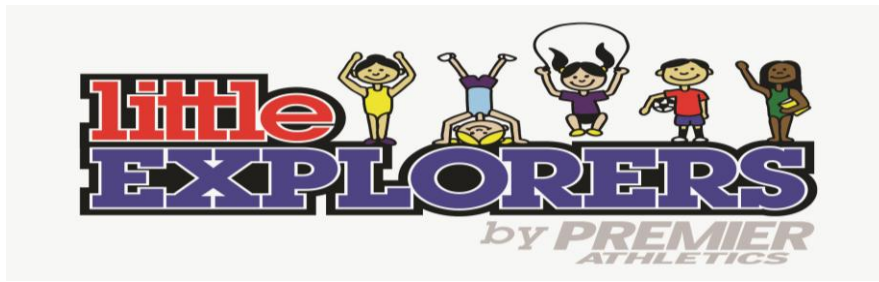
Girls Advanced (Ages 6+): This class emphasizes the use of balance and power to accomplish more difficult skills like Tumble on the beam and front handsprings on vault. Connected tumble skills like handspring tucks are also taught. As always, conditioning and flexibility drills will be a large portion of the class.

Boys:

The boys gymnastics program at Premier Athletics includes recreational levels: Beginner and Intermediate. The classes have a ratio of 8 athletes to 1 instructor. All classes are 1 hour long.

Boys Beginner (5+): Basic tumbling, rings and vault skills are introduced in this class with an emphasis on correct form. Conditioning and flexibility drills will be a large portion of the class.

Boys Intermediate (5+): This class introduces more advanced tumble, rings and vault skills while still allowing for instruction of correct form and technique. More conditioning and flexibility drills are also introduced to better the athlete's skills.



PRE-SCHOOL CLASS DESCRIPTIONS

Our Little Explorers Pre-School Program at Premier Athletics is 100% focused on FUN!! It is our goal to make sure your little athlete feels safe, confident, and always happy in our gym! Our instructors are trained to work specifically with a pre-school child, and they all understand the use of creative play and imagination. Little Explorers are enhanced pre-school classes that include gymnastics, dance, sportz and tumbling with exciting themes, educational tools, music, and yoga techniques. In the gymnastics classes, your child will also get to experience all the standard gymnastics apparatus such as the balance beam, bars, vault, trampoline, and mats to help learn basic floor exercises. Parent-Tot, Super Tots, and Mighty Tots are coed gymnastics classes. Our High 5's gymnastics class is girls only. All FUNdamental sports classes are coed classes. Five year old boys interested in gymnastics may move to Boys Beginner (55 minute recreational class). The gymnastics classes have a ratio of 6 athletes to 1 instructor and are 45 minutes long. The dance classes have a ratio of 10 athletes to 1 instructor and are an hour long.

LE Gymnastics:

Parent-Tot (Age 2): This class is designed to creatively use the parent to help instruct his/her child. Not only is this class great for introducing socialization, but it also teaches balance, hand-eye coordination, and flexibility. Also bouncing, climbing, and playing are apart of a great 2 year old experience!!

Super Tots (Age 3): This class will continue to improve balance, flexibility and strength through use of obstacle courses, games, and creative play. We incorporate more floor exercises into this class like handstands, cartwheels, and forward rolls.

Mighty Tots (Age 4): This class will continue to improve balance, flexibility and strength through use of obstacle courses, games, and creative play. We incorporate more floor exercises into this class like handstands, cartwheels, forward and backward rolls, and correct body positions. Also the bars and balance beam are introduced.

High 5's (Age 5-Girls only): We introduce many new skills at this level such as bridges, splits, and round-offs. Athletes will also begin to do conditioning exercises along with obstacle courses and trampolines.

LE Tumbling:

LE Tumbling (Age 4-5): This class is designed to introduce the basic tumbling skills to your 4 and 5 year old. These skills include cartwheels, round offs, handstands, and backbend kick overs. Athletes will begin skills that will help their bodies develop to be a strong tumbler. Emphasis will be placed on correct form and conditioning drills to help their bodies to develop to be a stronger tumbler and accomplish the skills required for advancement.

LE Sportz:

Super Sportz (Age 3), Mighty Sportz (Age 4), Big Kidz Sportz (Age 5): Exciting sports classes for your little athlete! These classes will teach the basics of baseball, basketball, football, volleyball, soccer, and golf! Each month will focus on a different sport by using brightly colored equipment, fun themes, and exciting drills and games!

LE Dance:

See The Studio by Premier Athletics Schedule