

Cheer Tumble Classes

TINY TUMBLERS (AGES 3-5)

Tiny tumblers focuses on the development of motor skills, playground readiness, social skills, and gymnastics skills. Our specially designed program and equipment are scaled to fit preschoolers that have smaller hands and bodies allowing our tiniest athletes to do gymnastics “just like the big kids.” Circuits and stations assure that these active children do not have downtime. Our trampolines and in ground foam pit provide a safe environment for young jumpers. While age is the general guideline for class organization, our curriculum allows for the flexibility that acknowledges that children develop at different rates.

TUMBLE FUNDAMENTALS (USASF LEVEL 1)

Our Tumble Fundamentals class is designed for the newest tumblers & focuses on level 1 skills, which include *Bridge up, Back Bend, Handstand, Handstand Bridge, Forward Roll, Backward Roll, Front and Back Walkover, Cartwheel, Power Hurdle and Two Step Round Off, Cartwheel Back Walkover and Cartwheel Front Walkover.*
*PRE-K (AGES 3-5) AND OLDER

BEGINNING TUMBLING (USASF LEVEL 2)

In Beginning Tumbling, the athlete will begin to build on the skills he/she learned in *Tumble Fundamentals*. This class will focus on level 2 skills, which include *Straddle Press Handstand, Back Extension Roll, Standing Round Off, Standing Back Handspring, Cartwheel Back Handspring, Back Handspring pause Back Handspring, Back Walkover Back Handspring, Front Walkover Handspring, Round off Back Handspring and Series, Front Walkover Round Off Back Handspring, Round Off Back Handspring Step Out Round Off Back Handspring, Front Walkover Round Off Back Handspring Step Out Round Of Back Handspring.*
*AN EVALUATION IS NEEDED FOR THIS CLASS
*AGES 6+ & IN 1ST GRADE OR ABOVE

INTERMEDIATE TUMBLING (USASF LEVEL 3)

In Intermediate Tumbling, the athlete will begin to build on the skills he/she learned in *Beginning Tumbling*. This class will focus on level 3 skills, which include *Standing Series Back Handsprings, Toe Touch Series Back Handsprings, Back Handspring Step out Round off Back Handspring Tuck, Round Off Back Handspring Open Tuck, Round Off Open Tuck, Front Walkover Round off Back Handspring Tuck, Punch Front, Punch Front Forward Roll Round Off Back Handspring Tuck, Front Handspring.*
*AN EVALUATION IS NEEDED FOR THIS CLASS
*AGES 6+ & IN 1ST GRADE OR ABOVE

ADVANCED TUMBLING (USASF LEVEL 4)

In Advanced Tumbling, the athlete will begin to build on the skills he/she learned in *Intermediate Tumbling*. This class will focus on level 4 skills, which include *Standing Tuck, Toe Touch Pause Back Tuck, Standing Series to Tuck and Layout, Standing Whip pass to Layout, Round Off Back Handspring Layout, Round Off Whip 2 Back Handspring to Layout, Cartwheel Tuck, Round Off Back Handspring Whip Punch Layout, Round Off Back Handspring Layout Step out, Front Handspring Front through to Layout.*

*AN EVALUATION IS NEEDED FOR THIS CLASS
*AGES 6+ & IN 1ST GRADE OR ABOVE

ELITE TUMBLING (USASF LEVEL 5)

In Elite Tumbling, the athlete will begin to build on the skills he/she learned in *Advanced Tumbling*. This class will focus on level 5 skills, which include *Toe Touch Back Tuck, Standing 2 Back Handspring to Full, Standing one Back to Full, Standing Back Handspring Whip Through to Full, Round Off Back Handspring Full, Cartwheel Full, Front Handspring Step out through to Full, Front through to Full, Round Off Arabian, Round Off Full, Round Off Whip Through to Full, Round Off Back Handspring Kick Full, Round Off Back Handspring Full Out, Front Handspring Front Through to Full.*

*AN EVALUATION IS NEEDED FOR THIS CLASS
*AGES 6+ & IN 1ST GRADE OR ABOVE

TUMBLING FOR ATHLETES WITH SPECIAL NEEDS

This class is designed for athletes with special needs & focuses on the basics of cheer tumbling. Athletes will work on strength, coordination, balance & flexibility as well as basic cheer tumbling skills such as forward & backward rolls, bridges, bridge kick-overs, handstands and assisted back handsprings. Special athletes of all ages & abilities are welcome in this class.

OPEN GYM

Each week, Peak offers their athletes a chance to work independently on their skills in Open Gym. Open Gyms are designed to allow athletes time to master the skills they already have, while receiving constructive advice from a variety of different coaches. Open Gym is less structured than a typical class & athletes are not guaranteed time to work with a coach.

*AGES 6+ & IN 1ST GRADE OR ABOVE
*SPACE IS LIMITED

TINY TUMBLERS (RR)

(AGES 3-5)

WEDNESDAY:

(P) 11:00-11:55 am

THURSDAY:

4:15-5:10 pm

FRIDAY:

(P) 10:00-10:55 am

INTERMEDIATE TUMBLING

(LEVEL 3) EVAL REQUIRED

TUESDAY:

6:15-7:10 pm

THURSDAY:

6:15-7:10 pm

ADVANCED TUMBLING

(LEVEL 4) EVAL REQUIRED

THURSDAY:

6:15-7:10 pm

ELITE TUMBLING

(LEVEL 5) EVAL REQUIRED

THURSDAY:

4:30-5:25 pm

SPECIAL NEEDS

THURSDAY:

4:30-5:25 pm Stars Tumble

OPEN GYM (AGES 6+)

TUESDAY & THURSDAY

8:00-9:00 pm

**Open Gym sign up begins 30 minutes prior to class*

**Space is limited*

TUMBLE FUNDAMENTALS (RR)

(LEVEL 1)

TUESDAY:

5:15-6:10 pm

6:15-7:10 pm (ages 6+)

7:15-8:10 pm (ages 8+)

THURSDAY:

5:15-6:10 pm (ages 6+)

6:15-7:10 pm (ages 8+)

FRIDAY:

5:15-6:10 pm (ages 6+)

BEGINNING TUMBLING (RR)

(LEVEL 2) EVAL REQUIRED

TUESDAY:

5:15-6:10 pm (ages 6+)

6:15-7:10 pm (ages 6+)

*6:15-7:10 pm (Invite Only)

THURSDAY:

5:15-6:10 pm (ages 8+) 1

FRIDAY:

4:15-5:10 pm

(RR) Represents classes that will participate in our Rec Rewards end of session presentation.

(P) Represents a pending class. If you are interested in one of these classes, ask about our wait-list options.

(*) Requires approval from our Rec Director. (**) Represents a drop-in and pay per class. No enrollment required.

CLASS & REGISTRATION INFORMATION

Session 2 runs for 10 weeks from March 17-May 25, 2019.

(Gym closure April 21, 2019 for the Easter holiday)

Session 2 Tuition:

45 Minutes/week.....	\$150.00	1 hour/week.....	\$180.00
1.5 hours/week.....	\$265.00	2 hours/week.....	\$330.00

(RR) REC REWARDS

Represents classes that will participate in our Rec Rewards end of session presentation. The last week of every session is reserved for Rec Rewards. Parents are invited in during the final 10 minutes of class for ribbons and talking about the success of our athletes. Session 2 Rec Rewards will be held **May 19-25**.

FREE TRIAL CLASS & MAKE-UP CLASSES

Peak Athletics allows one free trial class. Once a student is enrolled, there will be NO REFUNDS allowed unless a student is injured or has a severe illness. Each student is allowed to schedule three make-up classes per ten-week session. Make-ups must be completed in the same session & the student must be actively enrolled.

ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$50 per student or \$75 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

FOR MORE INFORMATION:

Contact Member Services at 303-797-8082 or info@peakathletics.net. To contact the Cheer Tumble Program Manager, email **Jordan Howard** at jhoward@peakathletics.net. Visit our website at: www.PeakAthletics.net