



650 Lake Road South
Scottsburg, Indiana 47170

www.allstartumbling.com

812-752-7087

Est. Since 2001



Tumble and Cheer

★ **PRIVATE LESSONS** – This is a one-on-one session to accelerate your child's skills level quickly. Individual attention from coach and progress report after every session.

Cost \$15 per ½ hour.

★ **TINY TOTS** – These are 45 minute beginner classes for children (ages 3-5). They are “HIGH ENERGY” classes that focus on the most basic tumbling skills, i.e. handstands, cartwheels, bridges, forward / backward rolls and beginner jumps.

Cost \$30 monthly.

★ **BEGINNER** – For beginner students (ages 6 and up) working on cartwheels, backbend kick-overs, round-offs, kick up to handstands, front and back limbers and basic drills for back handsprings. This class will focus on the knowledge of all jumps and motion technique.

Cost \$30 monthly.

★ **INTERMEDIATE** – For intermediate students that have completed the beginner class. This class focuses on front and back walkovers, round-off rebounds, round-off back handsprings, front and back handsprings, handstand snap down back handspring. Intermediate jumps and motion technique will also be incorporated.

Cost \$30 monthly.

★ **ADVANCE** – This class focuses on more advanced tumbling passes. Students will learn the proper body positions for standing back handspring and standing series. Running round-off back handsprings and series. Standing tucks and round off back tucks. Students will learn the proper technique of double jumps and jump combinations, as well as toe-touch back handsprings.

Cost \$30 monthly.

★ **ELITE** – This class focuses on perfection of tucks, layouts, standing back tucks, and standing BHS back tucks. Students will learn the proper technique of double jumps and jump combinations, as well as toe-touch back handspring. New skills being worked on in this class include jumps to standing back tuck and full twisting layouts – tumbling combinations – both front and back with an emphasis on air awareness.

Cost \$30 monthly.

★ **ALL STAR CHEER** – Promoting learning and goal setting as well as having fun. (Ages preschool- 18 years) Learning and perfecting jumps, dances, cheers, builds, stunting and tumbling all choreographed in a routine used to perform during competitions and performances through-out the year. This is a one YEAR commitment starting in April. **Call for pricing.**

Yearly membership fee \$25 annually

★ **Monday -CHEER**

Tini 4:30-5:30

Minis 4:45-6:15

Youth 5:30-7:30

Juniors 6:15-8:30

★ **Tuesday - TUMBLE**

Intermediate 4:30-5:30

Beingneer 5:30-6:30

Advance 6:30-7:30

★ **Wednesday -CHEER**

Tini 4:30-5:30

Minis 4:45-6:15

Youth 5:30-7:30

Juniors 6:15-8:30

★ **Thursday - TUMBLE**

Tiny Tots 4:45-5:30

Intermediate 5:30-6:30

Advance 6:30-7:30