

# Top Flight Tumbling

## Class Descriptions

- 3-4 years old:** Must turn 3 years old and toilet trained by first day of class. Focus on coordination, strength, and body control. Beginning rolls, handstands, cartwheels, and bridges.
- Beginning 1:** For students who **have never** previously enrolled in any tumbling program. Basic cartwheels, forward and backward rolls, handstands, and bridges.
- Beginning 2:** For students who **have** previously participated in a tumbling program and are working to improve skills. Cartwheels, round offs, dive rolls, handstands with controlled hold, and bridge down from stand.
- Intermediate:** All beginning skills, as well as, one arm cartwheels, round offs with rebound and backward roll out, handstands with hand turns, bridge kick overs and stand ups, and back handsprings with a spot.
- Advanced:** **Must be able to do a back handspring without a spot to be enrolled.** All intermediate skills, as well as, back tucks, front handsprings, front and back walk overs, aerials, and front and back twisting.

For special requests or questions regarding placement, contact Nicole Burton @ [nicolewburton@hotmail.com](mailto:nicolewburton@hotmail.com)