



# Cheer Tumble Classes – North Location

*Our tumbling classes are based upon the USASF leveling system.*

*\*Enrollment in a tumbling class does not correlate to team placement should an athlete tryout for a competitive team.*

## PARENT TOT (AGES 18 MO-3 YRS)

This class requires that a parent assists and supervises their child in class. Under the instruction of a coach, children will use preschool-size equipment in the gym to learn basic motor movement & gymnastic/tumbling skills. Some of the skills will be taught on the bars, beam, floor, & trampoline. All skills will be presented in a fun & age appropriate manner & in a safe environment. Basic tumbling/motor skills taught in this class include running, skipping, jumping, swinging, body positions, log rolls, forward & backward rolls, & tables. Children will also be taught basic social skills, such as listening, following instructions & sharing, as well as incorporating fun & learning into our activities (colors, shapes, animals, etc.). **These classes provide a great opportunity for a parent & child to bond & participate in skills & fun activities together.**

## TINY TUMBLERS (AGES 3-4)

Our Tiny Tumblers class is designed for the newest tumblers to focus on level 1 skills. Athletes will learn about moving their bodies and work on body control and awareness. This class will be a mix of tumbling, obstacle courses, and FUN!

## TUMBLE 1A (USASF LEVEL 1)

Our Tumble 1A class is designed for the newest tumblers & focuses on level 1 skills, which include Handstands, Cartwheels, Front Limbers, Power Hurdle Round Off, Back and Forward Rolls, Bridge and Back Bend Kick Overs.

**\*AGES 6+** (see specific classes for age requirements)

## TUMBLE 1B (USASF LEVEL 1)

In Tumble 1B athletes will build on skills taught in *Tumble 1A* and continue learning level 1 tumbling skills. This class will focus on teaching a Handstand Forward Roll, Back Walkover, Valdez, Front Walkover, Power Hurdle Round Off and Front Walkover Cartwheel Back Walkover.

**\*AGES 6+**

## TUMBLE 2A (USASF LEVEL 2)

Tumble 2A athletes will begin to build on the skills learned in *Tumble 1*. This class will focus on level 2 skills, which include Standing Back Handspring, Back Walkover Back Handspring, Back Extension Roll, Roundoff Back Handspring, Front Walkover Round Off, Round Off rebound ½ turn Round Off Back Handspring and Front Handspring.

**\*AN EVALUATION IS NEEDED FOR THIS CLASS**

**\*AGES 6+**

## TUMBLE 2B (USASF LEVEL 2+)

In Tumble 2B, the athlete will begin to build on the skills learned in *Tumble 2A*. This class will focus on level 2 skills, which include Back Handspring SO Back Walkover Back Handspring, Back Extension Roll Back Handspring, Valdez Back Handspring, Cartwheel Back Handspring, Round Off Back Handspring Series, Round Off Back Handspring Rebound ½ Turn Round Off Back Handspring, Front Walkover Round Off Back Handspring and Fly Spring.

**\*AN EVALUATION IS NEEDED FOR THIS CLASS**

**\*AGES 8+**

## TUMBLE 3 (USASF LEVEL 3)

Tumble 3 athletes will build on the skills learned in *Tumble 2B*. This class will focus on level 3 skills, which include Standing Series Back Handsprings, Back Handspring Step Out Back Handspring, Round Off Back Handspring Back Tuck, Round Off Back Tuck, Front Walkover Round Off Back Handspring Back Tuck, Punch Front and Aerial.

**\*AN EVALUATION IS NEEDED FOR THIS CLASS**

**\*AGES 8+**

## TUMBLE 4 (USASF LEVEL 4)

Tumble 4 athletes will build on the skills learned in *Tumble 3*. This class will focus on level 4 skills, which include Standing Two Back Handsprings Back Tuck, Toe Touch Back Handspring Back Tuck, Standing Back Tuck, Round Off Back Handspring Layout, Cartwheel Tuck, Running Whip Through to Layout, Punch Front Step Out Through and Round Off Whip Back Tuck.

**\*AN EVALUATION IS NEEDED FOR THIS CLASS**

**\*AGES 8+**

## LEVEL 5 AND LEVEL 6 ARE TOGETHER

### TUMBLE 5 (USASF LEVEL 5)

In this elite Tumble class, athletes will begin to build on the skills learned in *Tumble 4*. This class will focus on level 5 skills, which include Toe Touch Back Tuck, Standing Series to Layout and Full Standing Full, Standing Whip pass to Layout/Full, Round Off Back Handspring Full, Round Off Whip 2 Back Handspring to Layout/Full, Round Off Back Handspring Whip Punch Layout/Full and Front Handspring Front through to Layout/Full.

**\*AN EVALUATION IS NEEDED FOR THIS CLASS**

**\*AGES 8+**

### TUMBLE 6 (USASF LEVEL 6)

In this elite+ Tumble class, athletes will begin to build on the skills learned in *Tumble 5*. This class will focus on level 6 skills, which include Jump (Toe Touch, Pike, Hurdler) Back Tuck, Standing Series to Full, Standing Whip Pass to Layout/Full, Round Off Whip Punch Full, Front Handspring Front through to Layout/Full, Round Off Back Handspring Double Full, Round Off Full Full, Round Off Arabian thru to Full/Double, Round Off ½ Step-out to Full/Double, etc.

**\*AN EVALUATION IS NEEDED FOR THIS CLASS**

**\*AGES 8+**

## INTRO TO HIGH SCHOOL TUMBLING

This class is designed for athletes 12 and up who want to start learning how to tumble. Athletes will focus on technique in beginner tumbling skills and progress in all areas of tumbling.

**\*THIS CLASS IS AVAILABLE TO MIDDLE SCHOOLERS AND ABOVE.**

**\*Ages 12-18**

## OPEN GYM

Athletes have an opportunity to work independently on 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.

**\*SPACE IS LIMITED**

**\*AGES 6+**



Class QR

**PARENT TOT (RR)****SATURDAY**  
9:00-9:45 am**TUMBLE 2A \***  
**(LEVEL 2) EVAL REQUIRED****WEDNESDAY**  
4:00-4:55 pm**TUMBLE 4 \***  
**(LEVEL 4 ) EVAL REQUIRED****WEDNESDAY**  
8:00-8:55 pm**TINY TUMBLERS (RR)****SATURDAY**  
10:00-10:55 am**TUMBLE 2B \***  
**(LEVEL 2+ ) EVAL REQUIRED****THURSDAY**  
7:00-7:55 pm**TUMBLE 5/6 \***  
**(LEVEL 5/6 ) EVAL REQUIRED****THURSDAY**  
8:00-8:55 pm**TUMBLE 1A (RR)**  
**(LEVEL 1)****MONDAY**  
4:00-4:55 pm  
**THURSDAY**  
4:00-4:55 pm**TUMBLE 3 \***  
**(LEVEL 3) EVAL REQUIRED****MONDAY**  
7:00-7:55 pm  
**WEDNESDAY**  
8:00-8:55 pm  
**THURSDAY**  
7:00-7:55 pm**INTRO TO HS TUMBLING**  
**\*AGES 12-18 or \*AGES 11**  
**w/EVALUATION****MONDAY**  
7:30-8:25 pm**TUMBLE 1B \* (RR)**  
**(LEVEL 1) EVAL REQUIRED****WEDNESDAY**  
4:00-4:55 pm  
**THURSDAY**  
8:00-8:55 pm**OPEN GYM**  
**SPACE IS LIMITED****FRIDAY**  
6:15-7:15 pm

(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 1 runs for 10 weeks from January 7-March 16, 2024.****The gym will be closed on December 24, 2023-January 6, 2024 for Winter Break.****Session Tuition:**

|                               |          |                               |          |
|-------------------------------|----------|-------------------------------|----------|
| 45 Minutes/week.....          | \$183.00 | 55 Minutes/week.....          | \$225.00 |
| 1 hour & 25 Minutes/week..... | \$320.00 | 1 hour & 55 Minutes/week..... | \$385.00 |

**\*Payment will be broken into two installments due January 3 and February 5.****(RR) REC REWARDS**

Represents classes that will receive a Rec Rewards ribbon for their class participation at the end of the session.

**MAKE-UP CLASSES**

A makeup token will be automatically generated for **one missed class per month**. Additional tokens will be generated for cancelled classes. Tokens may be redeemed within 60 days for classes in the same program and class level via the customer portal. A confirmed makeup reserves a spot for an athlete. Due to the limited numbers of athletes permitted, same day makeup class cancellations or missed makeup classes will not be rescheduled. Athletes must be actively enrolled to schedule and participate in makeup classes.

**ANNUAL MEMBERSHIP FEE**

Each student must pay an annual membership fee of \$55 per student or \$80 per family in order to participate in a CA class. This fee is paid annually & covers administrative & insurance costs.

**IMPORTANT ADDRESS INFORMATION****CA North Location:**

3773 Monarch Street, Frederick, CO 80516  
303.452.7867

**CA/DA South Location:**

333 Dad Clark Drive, Highlands Ranch, CO 80126  
720.749.3500

**FOR MORE INFORMATION**

For class and/or program information, please contact our Tumble Directors: [Becka Gajdosik](mailto:BeckaGajdosik@CheerAthletics.com), [BGajdosik@CheerAthletics.com](mailto:BGajdosik@CheerAthletics.com) or [NelsonTeague](mailto:NelsonTeague@CheerAthletics.com), [NTeague@CheerAthletics.com](mailto:NTeague@CheerAthletics.com). To reach our North Gym Director: [Mikala Hildreth](mailto:MikalaHildreth@CheerAthletics.com) - [MHildreth@CheerAthletics.com](mailto:MHildreth@CheerAthletics.com).

You may also visit our website at: [www.CheerAthletics.com](http://www.CheerAthletics.com).