



## Class Prerequisite

<b>Level 1 Tumble</b>	No Prerequisites
<b>Level 2 Tumble</b>	Must have mastered all the skills being taught in previous Level
<b>Level 3 Tumble</b>	Must have mastered all the skills being taught in previous Level
<b>Level 4 Tumble</b>	Must have mastered all the skills being taught in previous Level
<b>Level 5 Tumble</b>	Must have mastered all the skills being taught in previous Level
<b>Cheer Prep</b>	No Prerequisites
<b>Flyer Class</b>	No Prerequisites
<b>Stunt Class</b>	No Prerequisites
<b>Adults Only</b>	No Prerequisites

**\*Not sure your level Call Us at (803)-796-7899 to set up an evaluation\***

## Class Curriculum

<b>Level 1 Tumble</b>	Basic body positions, Bridge, Backbend, Forward Roll, Backward Roll, Handstand, Cartwheel, Round-off, Backbend Kick Over, Back Walkover, Front Limber, Front Limber Stand-up, & Front Walk Over
<b>Level 2 Tumble</b>	Standing Back Handspring, Toe Touch pause Back Handspring, Back Walk Over Back Handspring, Round-off Back Handspring(s), & Various Specialty Skills and Combinations through to Round-off Back Handspring(s)
<b>Level 3 Tumble</b>	Jump(s) to Immediate Back Handspring(s), Round-Off Back Handspring(s) through to Tuck, Punch Front, Various Specialty Skills and Combinations through to Round-off Back Handspring(s) Tuck
<b>Level 4 Tumble</b>	Standing Tuck, Standing Back Handspring(s) to Tuck/ Layout, Jump(s) to Immediate Back Handspring(s) Tuck/ Layout, Round-Off Back Handspring(s) through to Layout, Various Specialty Skills and Combinations through to Round-off Back Handspring(s) Tuck/ Layout
<b>Level 5 Tumble</b>	Standing Full, Standing Back Handspring(s) to Full/ Double Full, Jump(s) to Standing Full, Jump(s) to Immediate Back Handspring(s) Full/ Double Full, Round-Off Back Handspring(s) through to Full/ Double Full, Whip Back, Arabian, Various Specialty Skills and Combinations through to Round-off Back Handspring(s) Full/ Double Full
<b>Cheer Prep</b>	All Jumps, All Motions, Different Dances, Basic Tumbling Skills including but not limited to Back Walk Over, Back Handspring(s), etc.
<b>Flyer Class</b>	Perfect class to gain new skills and flexibility. Most work will be done on the ground but there will be opportunities to fly on bases and even co-ed
<b>Stunt Class</b>	Perfect Class for those young ladies wanting to maybe cheer in Middle School, High School, and Even College. Have the opportunity to learn all the parts of a stunt group.
<b>Adults Only</b>	Perfect Class for those who are maybe an Old Cheerleader or Gymnast. Great class to help stay in shape and learn new skills