

DuPage Cheer & Power Tumbling Recreational Class Descriptions

Parent-Tot Classes for our 18mo- 2.75 year olds with mom or dad in the class. Focus is getting the child to keep straight arms and support their weight, two-foot jumps on trampoline and floor surfaces, learn to follow directions and take turns. Parent can leave class when child is able to focus and listen to coach without parent intervening. For girls and boys. Class is 45 minutes

Mighty Tumbler Classes- for our 3 and 4 year olds who love to jump tumble and twist. Students will continue to learn to support their weight on their arms and learn to kick up to a handstand, the beginning of a cartwheel, learn to go upside down and backwards and two-foot jumps on trampoline and floor. For girls and boys. Class is 1 hour

Kinder Tumbler classes - for our 5 and 6 year olds. Must be in kindergarten to enroll in this class. Students will progress to working full kick up handstands, cartwheels, round offs and the start of the back handspring, as well as plenty of time on trampolines to learn skills while they build strength, flexibility and coordination. For girls and boys. Class is 1 hour.

Intro to Tumbling - students are working on individual skills building strength and flexibility with handstands, cartwheels, round offs, round off with a rebound, and the start of the standing back handspring. Grades 1st - 5th grade. Boys and girls. 1 hour class.

Intermediate Tumbling - this class is where students connect the round off to the back handspring and work multiples with lots of station work to get student to jump backwards and build strength and endurance to do multiple back handsprings. *Students must have a round off with a rebound and the start of the back handspring to take this class.* Students will stay in intermediate until they have 3 back handsprings in a row. Must pass Intro to Tumbling or evaluate into class. Grades 1st - 6th. Boys and girls. 1 hour class.

Advanced Tumbling - must have 3 back handsprings to enter this class. Continue to work round offs to multiple back handsprings and adding tucks, layouts and learning to twist as well as standing tucks. Grades 1st - 8th. Boys and girls. 1 hour class.

Jr. High/High School Tumbling - for grades 7th - HS for all levels together- will divide by ability. Round off rebound is ideal before entering class. Athletes will continue work strong cartwheels, round offs and connecting round off to back handspring plus multiples to tucks, layouts and twisting, as well as working specialty passes for cheer. If your tumbling skills are at the beginner level, we will find a beginner HS class for you or can recommend private lessons until you have the basics down and can enter this class. 6th grade - High School Boys and girls. 1 hour class.

Acro Tumbling for Dancers - a tumbling class designed with the dancer in mind. Build strength in upper body while you learn back handsprings and front and back tucks but also aerials, one-handed cartwheels, front and back walkovers and more. Students will build strength, flexibility and endurance so they can perform these tumbling skills in their dance routines. Will divide this class by age/ability into AT1 (1st - 4th grade) and AT2 (5th grade- HS). 1 hour class.

TNT Class 1 and 2 - all things trampoline and tumbling in this class! Students will learn and work skills on the trampoline, double mini trampoline and floor. TNT 1 is for students ages 1st - 4th grade for a beginner and slower pace for younger students. TNT 2 is for 5th grade - HS and is teaching intermediate- advanced skills at a faster pace for older students. TNT classes are for boys and girls and are in class together. 1 hour class. Our homeschool classes follow the TNT curriculum.

Cheer Technique Class/Boot Camp - Athletes will stretch and increase flexibility in this class while they condition their muscles for the rigor that cheer demands. Students will also work motions and dance, jumps and work stunting skills, as well as learn to move, dance and tumble to 8-counts and synchronize tumbling passes. Ages 1st grade - 5th grade (Cheer Tech) and 6th grade - HS (Boot Camp).