DuPage Cheer & Power Tumbling
Recreational Class Descriptions

Parent-Tot: 18mo-2.75 year olds (45 minute class)

Our parent-tot classes have mom or dad in the class with child. We are developing motor skills, coordination, balance and strength while we introduce the young child to physical skills like jumping, skipping, galloping, climbing, etc. Students learn how to follow directions and take turns while they have their parents there for support and comfort.

Mighty Tumblers: 3-5 year olds (1 hour class)

Your child's first introduction to tumbling. Build strength, develop speed, coordination and motor skills while introducing the world of athletics to 3, 4, and young 5 year olds. Explore skills on the floor and trampolines. Students learn to be self-reliant as they experience listening and taking direction from other adults. This builds confidence in self and gives the student a sense of accomplishment as they participate in the class setting with other students their age and participate in learning skills.

Beginner Tumbling: 5-7.5year olds (1 hr class)

Introduction to tumbling skills for our older 5's, 6's and 7's in a fun and encouraging environment. Learn basic skills like forward and backward rolls, handstands, cartwheels, round offs and the start of going upside down and backwards for the back handspring while building strength, coordination, and body control. Time for trampoline as well as this builds strength, coordination, and confidence.

Novice Tumbling: 3rd grade - 6th grade (1 hr class)

Master the individual tumbling skills before putting them together! Novice tumbling is for the athlete who has basic tumbling skills like handstands and cartwheels but needs the technique and strength to perfect the round off, round off rebound and the start of the back handspring with lots of drills and repetition to build muscle memory. The goal of the Novice class is to get the athlete ready for intermediate tumbling where they learn to put the these individual skills together. 6 and 7 year olds must pass Beginner tumbling or evaluate into this class; 8- 11 year olds can start in this class.

Intermediate Tumbling: 1st grade - 6th grade (1 hr class)

Student learns to connect the round off to the back handspring and work multiples plus master the standing back handspring without a spot. Students will do a lot of station work to get them jumping backwards and building strength and confidence as well as being spotted on BHS. Students must pass Novice tumbling /have a round off rebound and get over the spotter mats by themselves to enroll in Intermediate. New students can evaluate into class by calling to set up a quick evaluation.

Advanced Tumbling: 1st grade - 8th grade (1 hr class)

Students who have mastered running round off 3 back handsprings can move to advanced where they will start learning back tucks (standing and running RO BHS Tuck, RO Tuck) layouts, whip passes and the start of twisting and standing tucks.

Jr. High/High School Tumbling: 6th grade - High school (1 hr class)

Students in our jr. high/high school class all work out together and we divide by ability within the class. This way students who may not be at the same skill level can still be in the same class with others their age without being put in a beginner class with younger athletes. A round off rebound is ideal before entering the class and if your student does not have a round off, call the office as we may have some other options for you to ensure the athlete feels confident before they enter the class. Athletes in the jr. high /high school classes are working the same individual skills like round off back handsprings and continue to work multiple back handsprings, tucks, layouts and twisting as well as working specially passes for HS cheer routines. We create individualized curriculum plans for each student in our high school classes so no matter what level you are, we can help you.

Full/Double Full Class: 5th grade - HS (1 hr class)

Athletes who have a solid round off back handspring to a layout and want to start working twisting for their full twisting layout can register for this class. Coaches work with students to figure out which way they twist naturally and use the trampolines and pit to gain confidence and air awareness in order to learn and perfect the full, start adding it to running tumbling and progress to a double full. ****Learning an advanced skill like a full twisting layout is really best when athlete can dedicate coming to class as least 2x a week for muscle memory and aiding in the air awareness training and for safety. It is difficult to learn this advanced skill by coming only 1x a week and the athlete can become frustrated with their progress. Therefore for a better learning curve, we do recommend athletes enrolled in this class are also taking another advanced tumbling class so they are coming 2x a week.****

TNT Class 1 & 2: 1st grade - High School (1 hr class)

TNT stands for “tumbling and trampoline” and is for students looking to spend most of their time on trampolines learning skills and routines. Students work on trampoline, double mini trampoline and spend time on basic floor skills like handstands, cartwheels, round offs, the start of the back handspring. TNT 1 is for students age 1st - 4th grade with a focus on trampoline safety and an introduction to individual trampoline skills. TNT 2 is for 5th grade- HS and is teaching intermediate- advanced skills and learning to put those skills together in a routine at a faster pace for older students. Our homeschool classes follow TNT curriculum.

Cheer Technique & Boot Camp Classes: 1st - 8th grade (1 hr class)

Students will stretch and increase flexibility in this class while they condition their muscles for the rigor that cheer demand. Students will work motions, dance, jumps and stunt learning to move, dance and tumble to 8-counts and synchronize tumbling passes. Cheer Tech is for 1st - 5th graders and Boot Camp is for 6th - 8th graders and these programs run January - April.