



Cheer Central Suns **Tumbling Class Descriptions**

Tiny Tumbling (Ages 4-6)

Intro to tumbling. Focus on basics like rolls, handstands, cartwheels, round offs, and introduction to backwards tumbling. No previous experience necessary.

Pre-CAST Tumbling (Ages 6-14)

Perfect class for our Pre-CAST tumblers. We will focus on the fundamentals of tumbling in a Level 1 routine—cartwheels, round offs, back bends, back walkovers, handstands and tumbling passes that can be used in a routine. Although there will be some work on back handsprings, we encourage your child to enroll in Level 1 Excel or Level 2 tumbling if they want back handsprings to be their focus.

CLASSES LISTED BELOW ARE FOR AGES 7+. Certain classes may have additional age restrictions. Please visit our specific class schedules for details. Please feel free to contact us with questions:

Level 1 Tumbling

Learn the foundations of tumbling. BASICS ARE IMPORTANT and they start here! To advance to Level 1 Excel athletes must demonstrate a tight body handstand, forward roll, backward roll, backbend kick-over, and a cartwheel.

Level 1 Excel Tumbling

Taking basics to the next level! This class allows for more focus on round offs and back handspring technique. To advance to Level 2 athletes must demonstrate a strong round-off rebound, and an unassisted, tight back handspring on tumble trak.

Level 2 Tumbling

Focus on perfecting basics and mastering your back handspring. To advance to Level 3 athletes must demonstrate a strong back handspring and round off back handspring on the floor, a front handspring to 2 feet, and standing 2 back handsprings on tumble trak.

Level 3 Tumbling

Focus on adding power to tumbling in series back handsprings. Intro to back tucks. To advance to Level 3 Excel cheerleaders must demonstrate standing 2 back handsprings, round off 3 back handsprings, round off back handspring from a knee, and a "pencil jump" back handspring, front handspring step out round off rebound, and a back tuck on or off the tumble trak (standing or running).

Level 3 Excel Tumbling

Focus on back tucks. To advance to Level 4 cheerleaders must demonstrate a fast back handspring sprint (5 in a row with speed and power), round off tuck, round off handspring tuck, round off 3 back handsprings from a knee, toe touch/pike jump back handspring, standing handspring tuck (down cheese or on tumble trak), and a punch front forward roll.

Level 4 Tumbling

Focus on layouts and standing tucks. To advance to Level 5 cheerleaders must demonstrate round off handspring layout (twistable), standing handspring tuck, standing tuck, fast standing 3 to a tuck, straight jump punch front, and a punch front step out round off back handspring (on tumble trak).

Level 5 Tumbling

Focus on fulls and advanced standing tumbling. To move to Level 6 cheerleaders must demonstrate 3 standing back handsprings to a layout, round off handspring full, toe touch/pike jump back tuck, toe touch/pike jump front tuck, and an alternate pass consisting of a punch front, arabian or whip through to a layout.

Level 6 Tumbling

Focus on double fulls and other elite tumbling sequences. Athletes will learn and be evaluated on round off handspring double fulls, 3 jump combinations into tucks, standing back handsprings into fulls and double fulls, standing fulls, full through to fulls, and other alternate passes with punch fronts, arabians, whips, and twisting skills.

Please contact us with questions! 303-452-7867 or www.CheerCentralSuns.com