

# All Star Legacy -- Tumbling Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
9:15					2 <sup>nd</sup> Grade & Under <u>or Adaptive Rec</u>
10:00					Handsprings
11:00					Series
12:00					Tucks <u>or</u> Standing Fulls
1:00					Twists <u>or</u> Flyer Stretching
2:00					Handsprings
3:45	2 <sup>nd</sup> Grade & Under	2 <sup>nd</sup> Grade & Under <u>or Adaptive Rec</u>		Handsprings	
4:30	Handsprings	Handsprings	Handsprings	Handsprings	
5:30	Handsprings	Layouts	Tucks & Layouts	Twists	
6:30	Series & Tucks	Handsprings	Twists	Tucks & Layouts	
7:30	Layouts & Above	Tucks & Layouts	Stick and Stand	Flyer Stretching	

\* There is a 5 minute cutoff time for entry after the start time of each class. Athletes will not be permitted after cutoff.



## [Tumble - 2nd grade and under](#)

This tumble class is designed for younger athletes in 2nd grade and under.



## [Tumble I - Handsprings](#)

This is a beginning class to learn and develop standing handsprings and roundoff handsprings. Handstands, cartwheels, roundoffs, body positions and various other drills are used to develop body awareness, strength and proper tumbling form.



## [Tumble II - Series](#)

This tumbling class is designed to further develop series tumbling. Athletes will work on standing series handsprings, roundoff series handsprings and begin working on sets for tucks.

\*\*REQUIREMENTS: In order to participate in this class, the tumbler MUST be able to perform a standing backhandspring and a roundoff backhandspring without a spot.



## [Tumble III - Tucks](#)

This class is designed to develop standing tucks and tucks from series tumbling.

\*\*REQUIREMENT: In order to participate in this class, the tumbler MUST be able to perform two consecutive handsprings without a spot.



## [Tumble IV - Layouts](#)

This tumbling class is designed to further develop advanced tumbling. Athletes will work on developing layouts and other advanced tumbling skills.

\*\*REQUIREMENT: In order to participate in this class, the tumbler MUST be able to perform an unassisted roundoff backhandspring backtuck with good technique.



## [Tumble V - Twists](#)

This tumbling class is designed to further develop advanced tumbling. Athletes will work on developing fulls, double fulls, arabians and other advanced tumbling skills.

\*\*REQUIREMENT: In order to participate in this class, the tumbler MUST be able to perform an unassisted roundoff backhandspring LAYOUT with good technique. (Hollow body, head in, etc)



## [Stick and Stand](#)

This class is designed to clean up and progress standing tumbling. Standing handspring series, standing tucks, standing handsprings to tucks/layouts, etc., jumps to backhandspring/tuck

\*\* REQUIREMENT: Standing two backhandsprings.



## [Flyer Stretch Class](#)

This class focuses on the flexibility and body positions needed for optimum flyer progression. There is NO flying involved in this class. Flexibility, stretching, flying technique and proper body positions are taught and trained.



## [Adaptive Rec](#)

This class is designed for athletes with cognitive and physical disabilities to help develop basic tumbling skills.

\*\*Please ensure your athlete is cleared for participation in this type of activity prior to participation.

*ASL Tumble Schedule effective 10/1/2009*