



**Trampoline:**

- Controlled bouncing on trampoline and tumble track
- Position jumps such as tuck, straddle and pike jump
- Intermediate levels begin handsprings and skill routines
- Intermediate and Advanced levels begin aerial somersaulting and twisting somersaults

**Double-Mini Trampoline:**

- Much like vaulting/ athlete runs to mount and dismount trampoline with either position jumps or aerial somersaults

**Tumbling:**

- Basic tumbling including rolls, handstands, cartwheels, round-offs, limbers and walkovers
- Intermediate and advanced levels work handsprings and aerial somersaulting
- Tumbling drills and skills performed on floor, tumble track and with skill building mats
- Intermediate and Advanced levels begin somersaulting and twisting somersaults, and series tumbling

**Level I**

An Introductory class for athletes with no experience. Athlete learns basic body shapes and begins basic tumbling and jump positions. Athlete focus is on applying instruction, learning control, balance and flexibility.

**Level I/II**

Athletes work bridges, cartwheels, round-offs, handstands, rolling, and jump combinations. Athlete begins strength, flexibility and conditioning.

**Level II**

Proficient at basic tumbling. Begin working round-offs, limbers and handspring body shaping and strength, flexibility and conditioning. Athlete completes tumbling and jump combinations and learns concept of skill routines.

**Level II/III**

Athlete masters round-offs, back and front handspring body shaping, begins aerial somersaulting body shaping. Tumbling and jump combinations and concept of skill routines. Strength, flexibility and conditioning.

**Level III**

Master basic tumbling, limbers and round-offs. Handspring and aerial somersaulting body shaping. Jump and tumbling combinations and skill routines on each apparatus. Works well independently on skill stations and strength, flexibility and conditioning.

**Level III/IV**

Athlete has mastered limbers and walkovers. Athlete has comprehensive knowledge of handsprings and aerial somersaulting and accomplishes jump and tumbling combinations and skill routines. Athlete works independently, improving strength, flexibility and conditioning.

**Level IV**

Athlete performs handsprings independently. Performs aerial somersaulting and begins twisting somersaults. Athlete accomplishes jump and tumbling combinations, skill routines and strength, flexibility and conditioning.

**Fall Session August 31 - October 24**

**Recreation Trampoline and Tumbling CLASSES**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level I/II	4:00-5:00pm					
Level II/III	5:00-6:00pm			4:30-5:30pm	6:30-7:30pm	
Level III		4:30-5:30pm				
Level III/IV			7:00-8:00pm		5:30-6:30pm	
Advance Cheer			8:00-9:00pm			
Boys Trampoline			4:30-5:30pm			

**Competitive Trampoline and Tumbling TEAMS**

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Team			5:30-7:00pm		4:00-5:30pm	
Compulsory Team 4/5/6	5:30-7:30pm	5:30-7:30pm		5:30-7:30pm		10:00-1:00pm
Optional Team 7/8/9	5:30-8:30pm	5:30-8:30pm		5:30-8:30pm		10:00-1:00pm
Boys Rec Team	5:30-7:30pm					