Tumbling

Tumbling is taught by Morgan Slagle and assisted by Koralea Slagle and Skylar Dunn. The tumbling classes work on more than just skill. They condition, doing box jumps, handstand push-ups, sit ups, and more to help with making their tricks strong and clean. They work on back and leg flexibility incorporating some acro into their classes.

* **Level 1-** Beginner tumbling is for pre-school aged kids. They work on coordination, balance, and motor skills. The goal is to have everyone in this class to execute a handstand by the end of the year. Other skills they work on are, forward rolls, straddle rolls, backward rolls, cartwheels, handstands, bridges, walking on the balance beam. For conditioning, we do relays with bouncy balls, crab walks, wheel barrels, and other fun exercises.
* **Level 2-** Level 2 is for kids who can listen and follow directions, as well as do all the skills that are worked on in Level 1. They will work on perfecting their cartwheels, learn new skills, and work more on splits and flexibility. They will start learning some acro. Backbends, round-offs, one-hand cartwheels, handstand forward rolls, tripods, and chin stands are added skills at this level. The kids will also be challenged on the balance beams, such as backwards, tip-toes, dips, and more. Level 2 conditioning is, box jumps, some relays, 10 second handstands against wall, sit-up, and back-ups.
* **Level 3-** Level 3 is for kids who have mastered the Level 2 skills. This class is for kids who stretch outside of class. In this class they will work on perfecting their splits for leg holds and scorpions. The students will work on holding their chin stands, holding their tripods/headstands, start on Chinese-rolls, front lumbers, and back lumbers. Level 3 conditioning is, box jumps, handstand-shoulder touches, sit-up, and back-ups.
* **Level 4-** Level 4 is for kids who are working for harder tricks. These kids should have all the other Levels mastered. In this class they will work on legs holds and scorpions, along with more acro tricks. Front walkovers, back walkovers, front handsprings, and introduction of a side aerial and skills at this level. Level 4 conditioning is, box jumps, handstand push-ups, sit-ups, back-ups, and walking handstands.
* **Level 5-** Level 5 is for kids who can do everything in Level 4. They must have instructor permission to join this class. It is important that they have a strong skill foundation before joining this class. Conditioning in this class is big box jumps to prep for front tucks, ab and back strengthening and flexibility training, .