



United Elite Recreational Tumbling and Stunt Classes
Summer Session June 3rd – August 31st

7030 S. Potomac St.
 Centennial, CO 80112
 www.cheerelite.net
 (303) 799-6920

Introduction to Tumbling – For athletes who are at the beginning of their tumbling career. There are no pre-requisites for this class. In this class, athletes will work on skills including forward rolls, backward rolls, handstands, cartwheels, and round-offs

Beginning Tumbling- For athletes who have some experience with tumbling and have mastered the following skills: forward roll, backward roll, backward roll to push up, handstand, handstand forward roll, cartwheel and round off. In this class, athletes will work on skills including standing back handsprings, round-off back handsprings, standing back handspring series, round-off back handspring series, and toe touch back handsprings.

Intermediate Tumbling Class – For athletes who will be building on the following mastered skills: Standing back handspring, round-off back handspring, standing back handspring series, round-off back handspring series, toe touch back handspring, and back handspring step out. In this class, athletes will work on skills including round-off tuck, round-off back handspring back tuck, front handsprings and punch fronts.

Advanced Tumbling Class – For athletes who will be building on the following mastered skills: Round-off tuck, punch front forward roll, punch front, round-off back handspring tuck, and front handspring. In this class, athletes will be working on skills including standing tucks, standing back handspring tucks, layouts, punch front step outs, standing back handspring series to tuck/layout, and jumps to back handspring tucks/standing tuck.

Elite Tumbling Class – For athletes who will be building on the following mastered skills: Standing tuck, standing back handspring tuck, toe touch back handspring tuck, toe touch tuck, cartwheel tuck, round-off layout, round-off back handspring layout, punch front step out, standing back handspring series to tuck, standing back handspring series to layout, and multiple jumps to tuck. In this class, athletes will be working on skills including fulls, doubles, Arabians, and various elite alternate tumbling skills.

Just a Back Handspring- This workshop is suggested for athletes who have some experience tumbling. This workshop helps athletes master their standing back handspring as well as their round-off back handspring. This workshop is suggested for participants who can demonstrate a mastery of the basic skills of tumbling, as well as, an unassisted back walk-over.

Just a Tuck– This workshop is suggested for athletes who have some experience tumbling. This workshop helps athletes master their standing back tuck, round-off back tuck and round off back handspring tuck. This workshop is suggested for participants who can demonstrate a mastery of the basic skills of tumbling, such as a standing back handspring. \$16 per class.

***All athletes must be evaluated before joining Intermediate tumbling or higher**

***Intro to tumbling and Just a Tuck/Handspring are not included in the all you can tumble**

***All classes that are offered twice a week are included in the all you can tumble**

Important Session Dates:

Bring -A - Friend Week Aug 26th to 30th Fourth of July Week No Class July 1st to 5th

Class Name	Hrs. per week	Monday	Tuesday	Wednesday	Thursday	First Class	Second Class
Introduction to Tumbling	1 hr.			4:30pm		\$ 175.00	
Beginning Tumbling	1 hr.	5:30pm			5:30pm	\$ 200.00	Included
Intermediate Tumbling	1 hr.		7:00pm		7:00pm	\$ 200.00	Included
Advanced Tumbling	1 hr.		7:00pm		7:00pm	\$ 200.00	Included
Elite Tumbling	1 hr.		7:00pm		7:00pm	\$ 200.00	Included
Just A Tuck/Handspring	45min			5:45-6:30pm		\$150.00	

***For ANY questions or to get signed up for the Winter Session, please e-mail Kaylan at support@cheerelite.com If you are unable to commit to an entire semester you can join a class (if there is available space) for \$16 per class Minimum of four classes and must be prepaid.**

If space is available and you would like to drop in to a class it is \$20 per class