

Boys and Girls | Ages 2 and Up

Flexible classes—go to any class each week!

(see schedule on reverse side)

Testing and skills charts each season provide a great way to measure success and advance to the next class.

Tumbling

Somersaults: Recommended Ages 2-4

This course will focus on introduction to basic tumbling skills, including, but not limited to forward and backward rolls, log rolls, proper stretching, and handstands. Instructors offer heavy spotting for students. Students will work toward performing these skills independently.

Cartwheels: Recommended Ages 4-7

This course will focus on intermediate tumbling skills such as cartwheels, roundoffs, handstands, forward rolls, and running tumbling. Instructors offer spotting, but students are actively working toward independent tumbling.

Handsprings: Recommended Ages 8 and Up

This course will focus on intermediate/advanced tumbling skills. Instructors will work on the proper technique of the intermediate skills as well as work towards back walkovers, front walkovers and back handsprings.

Members: \$25 per month

Non-Members: \$35 per month

**Tumbling at
Cross Gates Athletic Club
200 N. Military Rd.
Slidell, LA 70461
www.crossgatesclub.com
(985) 643-2049**

