



Recreational Tumbling Program

Tiny Cheetahs

TUMBLING AGES 4 - 7

Pre-requisites: NONE

Class Description

Immerse yourself in the captivating world of our Tiny Cheetahs tumbling class! Geared towards young athletes aged 4 to 7, this program combines somersaults, cartwheels, and tumbling exercises to add an element of enjoyment and fitness to their routines.

Under the guidance of our skilled tumbling instructors, athletes will partake in interactive activities tailored to their age group. They will refine their tumbling abilities, build self-confidence, and enhance coordination while relishing a rewarding experience.

Key Program Highlights:

- **Basic Tumbling Skills:** Children will advance from basic movements like forward rolls to more advanced techniques such as handstands in a structured manner.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming tumbling into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their tumbling skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Tiny Cheetah Tumbling:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Master essential tumbling techniques
- Introduction to tumbling basics



Mini Cheetahs

TUMBLING AGES 5 - 7

Pre-requisites: Bridge Kickover, Cartwheel, & Handstand to Bridge

Class Description

Our Mini Cheetahs Tumbling program caters to athletes aged 5 to 7 who have mastered the basics and are eager for new challenges and growth opportunities.

Within our Mini Cheetahs Tumbling class, athletes will expand on their foundational tumbling skills and delve into more advanced techniques and progressions under our instructors' guidance. Emphasizing progression, safety, and enjoyment, participants will advance their tumbling abilities while boosting confidence, strength, and agility.

Key Program Highlights:

- **Skill Progression:** Advance from basic tumbling skills to more complex techniques like back walkovers, front walkovers, round offs, and back extension rolls.
- **Targeted Guidance:** Benefit from encouraging coaching and helpful feedback to perfect form, technique, and tackle obstacles while mastering new skills and sequences.
- **Strength and Conditioning:** Engage in strength-building routines and conditioning exercises to improve overall physical fitness, endurance, and body awareness.

Benefits of Mini Cheetah Tumbling:

- Continued skill advancement and growth
- Increased confidence and self-assurance
- Enhanced strength, flexibility, and coordination
- Improved focus, discipline, and goal-setting.



Swift Cheetahs

TUMBLING AGES 7 - 18

Pre-requisites: NONE

Class Description

Our Swift Cheetahs Tumbling program is for aspiring tumblers to embark on their exciting journey of skill development and tumbling! Our Swift Cheetah Tumbling class is tailored for athletes ages 7 - 18 who are eager to learn the fundamentals of tumbling in a supportive and encouraging environment.

Key Program Highlights:

- **Basic Tumbling Skills:** Children will advance from basic movements like forward rolls to more advanced techniques such as handstands in a structured manner.
- **Safety as a Priority:** Our instructors emphasize safety, ensuring a secure environment for young learners to confidently explore new movements.
- **Engaging Learning Environment:** Interactive games, obstacle courses, and challenges eliminate monotony, transforming tumbling into an exciting adventure.
- **Personalized Approach:** Tailored exercises are designed to suit each child's capabilities, focusing on correct technique to enhance their tumbling skills.
- **Encouraging Atmosphere:** Our supportive instructors inspire children, nurturing confidence and a positive attitude.
- **Focus on Social Development:** Our classes encourage camaraderie and teamwork, fostering an inclusive and interactive setting.

Benefits of Swift Cheetah Tumbling:

- Improve balance and coordination
- Develop flexibility and agility
- Enhance body awareness and precision
- Boost self-esteem and confidence
- Master essential tumbling techniques
- Introduction to tumbling basics



Rapid Cheetahs

TUMBLING AGES 7 - 18

Pre-requisites: Bridge Kickover, Cartwheel, & Handstand to Bridge

Class Description

Our Rapid Cheetahs Tumbling program caters to athletes aged 7 to 18 who have mastered the basics and are eager for new challenges and growth opportunities.

Within our Rapid Cheetahs Tumbling class, athletes will expand on their foundational tumbling skills and delve into more advanced techniques and progressions under our instructors' guidance.

Emphasizing progression, safety, and enjoyment, participants will advance their tumbling abilities while boosting confidence, strength, and agility.

Key Program Highlights:

- **Skill Progression:** Advance from basic tumbling skills to more complex techniques like back walkovers, front walkovers, round offs, and back extension rolls.
- **Targeted Guidance:** Benefit from encouraging coaching and helpful feedback to perfect form, technique, and tackle obstacles while mastering new skills and sequences.
- **Strength and Conditioning:** Engage in strength-building routines and conditioning exercises to improve overall physical fitness, endurance, and body awareness.

Benefits of Rapid Cheetah Tumbling:

- Continued skill advancement and growth
- Increased confidence and self-assurance
- Enhanced strength, flexibility, and coordination
- Improved focus, discipline, and goal-setting.



Hunter Cheetahs

TUMBLING AGES 7 - 18

Pre-requisites: 3 connected back walkovers (with straight legs!), & front walkover

Class Description

Our Hunter Cheetahs Tumbling program caters to athletes aged 7 to 18 who have mastered the basics and are eager for new challenges and growth opportunities.

Within our Hunter Cheetahs Tumbling class, athletes will expand on their foundational tumbling skills and delve into more advanced techniques and progressions under our instructors' guidance. Emphasizing progression, safety, and enjoyment, participants will advance their tumbling abilities while boosting confidence, strength, and agility.

Key Program Highlights:

- **Skill Progression:** This class specifically works back handsprings and front handsprings, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Targeted Guidance:** Benefit from encouraging coaching and helpful feedback to perfect form, technique, and tackle obstacles while mastering new skills and sequences.
- **Strength and Conditioning:** Engage in strength-building routines and conditioning exercises to improve overall physical fitness, endurance, and body awareness.

Benefits of Rapid Cheetah Tumbling:

- Continued skill advancement and growth
- Increased confidence and self-assurance
- Enhanced strength, flexibility, and coordination
- Improved focus, discipline, and goal-setting.



Champion Cheetahs

TUMBLING AGES 7 - 18

Pre-requisites: 2 connected back handsprings & round-off back handspring rebound

Class Description

Our Champion Cheetahs Tumbling program caters to athletes aged 7 to 18 who are beginning to learn front tucks, back tucks, aerials and beyond

Within our Champion Cheetahs Tumbling class, athletes will expand on their foundational tumbling skills and delve into more advanced techniques and progressions under our instructors' guidance. Emphasizing progression, safety, and enjoyment, participants will advance their tumbling abilities while boosting confidence, strength, and agility.

Key Program Highlights:

- **Skill Progression:** This class specifically works back tucks, front tucks, and aerials, using a combination of mental and physical drills and exercises for each athlete to progress at their own rate.
- **Targeted Guidance:** Benefit from encouraging coaching and helpful feedback to perfect form, technique, and tackle obstacles while mastering new skills and sequences.
- **Strength and Conditioning:** Engage in strength-building routines and conditioning exercises to improve overall physical fitness, endurance, and body awareness.

Benefits of Rapid Cheetah Tumbling:

- Continued skill advancement and growth
- Increased confidence and self-assurance
- Enhanced strength, flexibility, and coordination
- Improved focus, discipline, and goal-setting.

