

CHEETAHS CLASS

CLASS TIME:
45 MIN

COURSE OBJECTIVES

Your athlete will refine advanced skills while preparing for a smooth transition into the Tumble Academy program. Classes focus on higher-level strength, flexibility, and body control, with continued progression on the floor and trampoline. Athletes will build consistency, technique, and confidence while developing the discipline and skill set needed for the next stage of their tumbling journey.

COURSE FOCUS

FLOOR

- Round-Off Rebound
- Standing Backhandspring to hollow body
- Front Handspring
- Round-Off Backhandspring
- Backhandspring
- Back-Extension roll to push up

TRAMPOLINE

- Backhandspring
- Round-Off Backhandspring

BODY POSITIONS

- Candlestick To Rebound
- Rocking Superman

NEXT CLASS:

Congratulations you have graduated from our
Preschool Tumbling Program!
You are ready to move to our
Tumble Academy Program!



**PREMIER
PRESCHOOL**