



TUMBLING: Expectations, Skills & Progression

What should I expect from my child's recreational tumbling class?

We offer tumbling classes for all ages and levels. Our tumbling classes follow the levels as set forth by the USASF (United States All-Star Federation). We utilize various equipment and drills in order to maximize your child's development with proper technique. It is important to remember that each child progresses at a different pace. They may master some skills very quickly and other skills may take several months. Within each class our coaches will work with your child at and ensure they progress in each skill as they are ready.

What skills will my child work on at each level?

	Level 1	Level 2	Level 3	Level 4
Standing Tumbling	Bridge from floor Bridge from standing Handstand into Bridge Cartwheel Round-off (RO) Back Walkover (BWO) Double Back Walkover	Back Handspring (BHS) Back Walkover BHS BHS step out, Round-off BHS	Double BHS Toe Touch (TT) BHS Toe Touch Double BHS	Back Tuck BHS Back Tuck/Layout BHS BHS Layout TT BHS Back Tuck/Layout
Running Tumbling	Forward Roll step out Cartwheel Back Walkover Front Walkover (FWO) Running Front Walkover FWO CW BWO	Front Handspring (FHS) Cartwheel BHS Round-off BHS Round-off Double BHS FWO RO BHS FWO Front Handspring	BHS Step out, RO BHS Back Tuck Aerial (no handed CW) Punch Front/Front Tuck RO BHS Back Tuck FWO RO BHS Back Tuck Punch Front RO BHS Back Tuck	RO BHS Layout Front Tuck Step Outs Whip Backs
Drills (Only taught once the majority of the standing & running tumbling are mastered)	Standing Back Handspring Drills	Drills for Back Tuck	Drills for Layout	Drills for Twisting

How will I know when my child is ready to move to the next level?

Our coaches complete skill evaluations/progress reports once every quarter beginning in January. Once your child has mastered the majority of both the standing & running tumbling skills along with the necessary drills for the next level your child's coach will let you know that your child is ready to move to the next level.