



## Recreational Classes: 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?

Class Label	Level 1	Level 1/2	Level 2	Level 2/3	Level 3/4/5	Level 4/5/6	Tiny Cheer	Cheer 101	Flyer Flex	Tumbling Tricks
<b>Standard Tumbling</b>	None/ 5+	BWO & FWO/6+	BHS & R-off BHS on Tramp / 7+	All level 2 passes on floor/ 8+	R-off- BHS- Tuck on floor/ 9+	R-off- BHS-Lay on floor/ 10+	None/ 3-6	None/ 7+	Team Athletes Only	None/ Dance Tricks
	Bridge from floor Standing Backbend Handstand Into Bridge Backbend Kick Over Forward Roll Backwards Roll Backwalkover	Valdez 2x Back Walkover BWO- BWO s/t BWO Switch Leg Back Extension Roll Back Extension Roll - BWO	Standing BHS/ Step out BWO-BHS/ Step out BWO s/t- BHS Valdez-BHS BWO-BHS s/o-BWO BHS s/o-BWO-BHS BER-BHS/ Step out	Standing 2x BHS Toe Touch- BHS/2x BHS BWO- 2x BHS BHS- Toe Touch- BHS BHS s/o- 2x BHS BHS s/o- BWO-BHS	No steps 2x BHS-Tuck/Lay Stepping BHS - Tuck/Lay Toe Touch- 2x BHS- Tuck/Lay Toe Touch- BHS- Tuck/ Lay Standing Tuck BWO- Tuck CW- Tuck BHS s/o - Tuck BHS- Whip-Tuck/ Lay Toe Touch-BHS- Whip-Tuck Toe Touch- BHS- Whip- BHS- Lay	Toe Touch-Tuck/Full 2x BHS- Layout/ Full/ Double 2x BHS-Whip-Tuck BHS- Layout/ Full Toe Touch- BHS-Tuck/ Lay/ Full 2x BHS- Whip- Lay Toe Touch-2x BHS- Tuck/Lay BHS- Whip-Tuck/Lay/Full Standing Full Cartwheel- Full	Forward Roll Backwards Roll Table Top Bridge	Forward Roll Backwards Roll Bridge from standing Backbend Kick Over Backwalkover	Front Kip Ups Back Kip Ups Assisted Suicides Back Walkover Snap Down	
<b>Running Tumbling</b>	Cartwheel Front Limber Front Walkover	2 step/ Power Hurdle R- Off FWO- CW - BWO CW - 2x BWO	CW-BHS R-Off-BHS-Step out FWO-R-Off-BHS CW-BHS s/o- BWO-BHS Flyspring Front Handspring Flyspring-R-off-BHS R-off- 2x BHS CW- 2x BHS	CW- 2x BHS R-off- 2x BHS Aerial Punch Fronts FWO-Aerial R-off- BHS- Tuck FHS- PF	R-off- BHS-Tuck/ Layout/ Full R-off-BHS s/o 1/2 Turn to Tuck FWO- R-off- BHS- Tuck/ Lay/ Full Flyspring- R-off-BHS-Tuck/Lay Front Handspring- Front Tuck R-off-BHS-Whip-BHS-Lay	R-off-BHS- Lay/ Full/ Double R-off- Whip- Combos PF s/o- R-off- BHS- Lay/ Full/Double R-off-Arabian s/o- R-off- to Full FHS-PF s/o- R-off- Whip-Tuck FWO- R-off- BHS- Lay/ Full/ Double PF s/o- R-off- BHS- Lay/ Full FHS- PF s/o- R-off- BHS-Lay/ Full R-off- BHS-Whip- 2x BHS-Full	Cartwheel CW- FR FR s/o- CW CW- FR s/o- CW	Cartwheel Front Limber Front Walkover	Aerials	
<b>Drills</b>	Round Off	BHS drills R-off- BHS Drills Standing BHS on Tramp R-off- BHS on Tramp		Back Tuck Drills	Punch Front Step Outs	Speciality passes	Backbends Kickovers Stand ups	Toe Touch Hurdlers Pikes Motions Stunt Basics	Splits Body Positions Body Control Dismount Basics	Various partner Tricks Various trending Tricks

### 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.