

## **Rah Elite Allstars Summer Tumbling Classes**

**Wednesdays from June 8 - July 27**

Classes are taught at:

Rah Elite Allstars

1394 W 50 S, Centerville 801 298-2300

### **Beginning Tumbling : 8 weeks \$110**

This class is great for those with little or no tumbling experience. Tumblers will learn proper execution of handstands, cartwheels, round-offs, front and back walk-overs.

**Ages 4 and up**

**9:30 am to 10:30 am**

### **Beginning II Tumbling: 8 weeks \$110**

Students will work on many of the same skills as our Beginning class, but good for more of a challenge and faster pace. Older kids with little or no experience.

**Ages 6 and up**

**9:30 am to 10:30 am**

### **Tumble Tots: 8 weeks \$110**

Fun activities, teaching body control, motor skills, basic tumbling skills. Parents are encouraged to participate.

**Ages 3-4 yrs**

**50 min 9:30 am to 10:20 am**

### **Cheer Prep Jr: 8 weeks \$110**

Tumbling, stunting, jumps, motions, drills, cheer technique and dance.

**Ages 8 & under**

**10:30 am to 11:30 am**

### **Cheer Prep Sr: 8 weeks \$110**

Tumbling, stunting, jumps, motions, drills and cheer technique and dance

**Ages 9 & up**

**10:30 am to 11:30 am**

### **Intermediate Tumbling: 8 weeks \$110**

For more experienced tumblers that have a back walkover and working on backhand springs. Running and standing tumbling, forward and backward flipping skills.

**Any age 10:30 am to 11:30 am**

**11:30 am to 12:30 pm**

### **Advanced Tumbling: 8 weeks \$110**

For experienced tumblers that have a a round off back handspring tuck and are working on standing tucks, multiple flipping skills in a single pass, twisting skills and combination passes.

**Any age 11:30 am to 12:30 pm**