



Tumbler Lab

Sat.- July 10 & 24 August 7 & 21

Space is limited - Must be pre-registered by the Wednesday before the workshop.

Beginner/Intermediate - required skills - Roundoff, Bridge kick over - This is a fun hour and a half long workshop offering a variety of drills and skill progressions to build strength and flexibility for back handsprings.

Intermediate/Advanced - required skill - backhandspring - This workshop is great for Gymnast's, Cheerleaders, Martial Arts and Dancers looking to improve backhandsprings, aerials, tucks and twists.

Price: \$25.00 per 1 1/2 hour class.

Class times on July 10 & 24 and August 7 & 21:

Beginner/Intermediate: 9:00-10:30 AM

Intermediate/Advanced: 11:00-12:30 PM



Our fully equipped gym features a 40' X 40' spring floor, 30' tumble trak with 15' landing system, a foam block landing pit, 15' air trak. 20' pro air mat, multiple skill stations.

Our coaches are trained USA Gymnastics Professional Members, Safety Certified by USA Gymnastics, Safesport certified ready to help your child achieve their goals in a safe and fun atmosphere.

Hope to see you this summer.