



Targeted UNlimited Tumbling

TNT TUMBLE, CHEER & DANCE
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INTRODUCING OUR NEWLY ENHANCED TUMBLING PROGRAM!

You've asked for it, so here it is! We're very excited to introduce our "new and improved" unlimited tumbling program, offering the same flexible schedule enhanced by targeted training sessions.

UNLIMITED: Come to any of the scheduled Instructor Directed Open Tumble classes as often as you want.

TARGETED: Skill level focus classes have been added to the schedule for those looking to improve specific skills in a targeted format.

(No more than 1 hour of tumbling per day)

Our unlimited tumbling program allows boys and girls to attend classes that work best within their family's schedule. Students may attend one tumble session each day the gym is open. The unlimited tumbling schedule includes both open and targeted sessions as outlined below.

Instructor Directed Open Classes: Allows students to work on skills applicable to their current level. Our fun, friendly, & qualified staff provide structured and technically rich instruction that enables each student to achieve their individual goals. Every class includes stretching, flex tumbling, jumps & coordination, standing tumbling (back-handspring, back-tuck, etc.), & running tumbling (round-off back-handspring, round-off back-tuck, front-handspring, front-punch, etc.)

Power Fundamentals Class: Provides the same quality instruction with a focus on the fundamental tumbling techniques that pave the way to becoming a powerful tumbler. Includes straddle/dive rolls, cartwheels, round-offs, front-walkovers, & back-walkovers.

High Voltage Class: Advanced flipping and twisting class. This program is designed for those that successfully have their running round-off tuck and are at least working on their standing tuck. If additional work is needed on these intermediate skills then the student will be asked to attend a lower level tumbling class.

Instructor Directed Open Classes:

Monday Night Class 4:00, 5:00, 6:00, 7:00
Tuesday Night Class 4:00, 5:00, 6:00, 7:00
Wednesday Night Class 4:00, 5:00, 6:00, 7:00
Thursday Night Class 4:00, 5:00, 6:00, 7:00
Saturday Morning Class 9:00, 10:00, & 11:00

Power Fundamentals Class:

Thursday Night Class 8:00

High Voltage Classes:

Monday Night Class 8:00
Tuesday Night Class 8:00

For additional information please email TNT.Cheer@gmail.com or visit www.TNTtumble.com

*All information is subject to change.
Be sure to check www.tnttumble.com for gym closings and holiday hours.*