



EXCITEMENT. ENRICHMENT. EXCELLENCE.

TUMBLING



ABOUT THE PROGRAM

Power tumbling is one form of gymnastics, but is unlike traditional gymnastics. Traditional gymnastics (the form most people are familiar with) involves skills performed on the floor, balance beam, uneven parallel bars, vault, rings, pommel horse, and parallel bars. In Power Tumbling athletes focus on floor skills only.

GymTech offers classes for ages 5 and up with no experience necessary. Whether you are just learning to tumble or are an elite athlete, GymTech offers the opportunity to learn and excel.

Our athletes train and focus on mastering the fundamentals of tumbling and work through a progression system. Even though some athletes progress faster or slower than others, every athlete will be given the tools they need to succeed.

GymTech offers 4 unique tumbling levels which all focus on the progressions of skills the athlete needs in order to advance. Once students have completed a lower level skill set, they have the opportunity to advance to the next level.

HOW TO PREPARE FOR CLASS

Each Tumbling class will include a warm-up, training drills, skill work rotations, combinations, strength, body control and conditioning.

Please make sure athletes arrive on time as warm-up is an important part of the class. Please make sure hair is out of the face and in a ponytail if possible. Jeans, jewelry, and chewing gum are not permitted during class. Tennis shoes are optional, however if the athlete were to ever compete in a power tumbling event shoes are not to be worn.

SPRING EXHIBITION

We invite all of our recreation athletes to participate in our annual Spring Exhibition Event. The training and skill work that is done throughout the year all culminates into a display of fun and enjoyable routines and event work. After the performance is complete, each athlete receives their very own medal of achievement!

WE ARE PROUD MEMBERS OF:



▲ LEVEL ONE

Skills include forward rolls, backwards rolls, cartwheels, round offs, candle stick jumps, fundamental positions, handstands, headstands, strength, agility, conditioning, and skill drills. Focused drills on balance, hand eye coordination, and body control will constantly be addressed.

▲ LEVEL TWO

Skills include strengthening level one skills and the addition of running round offs, back handsprings, back tuck progressions, bridge to kickover, back walkovers, back limbers, front limbers, back extension rolls, press handstands, pirouettes, front tucks, pikes and layouts.

▲ LEVEL THREE

Skills include strengthening level one and two skills and the addition of running tumble combinations: round-off back handspring (tuck pike or layout). Begin working on half twists and full twist drills. An introduction to Barani, Arabian, and reversals.

▲ LEVEL FOUR

Skills include strengthening skills from level one, two, and three. Addition skills of Advanced Running tumbling (sub-advanced and elite level tumbling). Full, double fulls, triple fulls, double tucks, double fronts, and Arabian double pikes. Intensity of conditioning increases!

TUMBLE+CHEER

This program teaches tumbling with an emphasis on cheer skills. Athletes will learn tumbling by building on proper progressions and techniques. A dedicated portion of each class is programmed to focus on jumps, stunts, motions, and cheer technique. This program is great for anyone looking to learn more about cheer, preparing to try-out for a cheer team, or currently on a cheer team and seeking to improve their skills. All Tumble + Cheer programs are based on the same levels and skill requirements as our Tumble program.