



720 W. Russell Rd. #1 • Sidney, Ohio 45365 • (937) 492-2825
 unitedtumblingacademy@gmail.com • www.unitedtumblingacademy.com

Fall Class Schedule - September 2014

(Saturday classes will begin September 13th and run until November 1st.)

Please call or stop by the office to reserve your spot in each class.

Classes	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Cheer United					9:00-10:30am	
Parent-Tot Tumble					10:45am-11:30am	
Open Gym					2:30-4:30pm	
Stunt Class					11:30-12:30pm	
					1:00-2:00pm	
Tumble 1	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	11:30am-12:30pm	
	5:00-6:00	5:00-6:00		5:00-6:00		
Tumble 1A (9 and older)	5:00-6:00	5:00-6:00		5:00-6:00	11:30am-12:30pm	
Tumble 2	4:00-5:00	4:00-5:00	8:00-9:00	4:00-5:00	12:30-1:30pm	
	5:00-6:00	5:00-6:00		5:00-6:00		
		6:00-7:00				
Tumble 3	5:00-6:00	4:00-5:00	7:00-8:00	4:00-5:00	1:30-2:30pm	
		6:00-7:00		7:00-8:00		
Tumble 4	6:00-7:00		7:00-8:00	4:00-5:00	1:30-2:30pm	
				7:00-8:00		
Tumble 5	6:00-7:00		7:00-8:00	4:00-5:00	1:30-2:30pm	
				7:00-8:00		
Flex Class (1/2 hour)	7-7:30pm	5-5:30pm		6:30-7pm	12:30-1:00pm	1:45-2:15pm
		7-7:30pm				
NEW!!! Hip Hop Class (13 years and older)			7:00-8:00pm			
<u>United All Stars</u>						
Tiny Tigers	6:00-7:00			6:00-7:00		
Mini Boas		5:30-7:30				12:30-2:30pm
Youth Fierce				5:00-7:00		2:15-4:15pm
Junior Vipers				7:00-9:00		4:00-6:00pm
Senior Cobras		7:30-9:30				5:45-7:45pm
Senior Royal Pythons	7:30-9:30		4:45-6:45			7:30-9:30pm
Youth Red Diamonds	6:00-7:30pm					4:15-5:45pm

Class Descriptions

Parent-Tot Tumble: This class is an introduction to tumbling and gymnastics skills for toddler age children. Parents will participate alongside their child to guide them in their learning experience. We will work fine and gross motor skills.

Tumble 1: This class is geared toward younger aged children. Athletes will learn the basic tumbling skills such as cartwheels, round-offs, forward and backward rolls, handstands, front and back walkovers, and back extension rolls.

Tumble 1A: This class works on the same skills as Tumble 1 but for ages 9 and older.

Tumble 2: This class focuses on standing back handsprings, standing series, and round off back handsprings. Other skills such as toe touch back handsprings, cartwheel back handsprings, back walkover back handsprings, back extension roll back handsprings, and front handsprings.

Requirements: A back walkover and strong round off.

Tumble 3: This class introduces back and front tucks.

Requirements: Standing three back handsprings and running round-off 3 back handsprings.

Tumble 4: This class concentrates on standing back handspring tucks, back tucks, and running round-off back handspring layouts.

Requirements: Running round off back handspring tuck, 2 back handspring tuck, round off tuck and standing series back handsprings.

Tumble 5: This is an elite tumbling class that teaches fulls, arabians, double fulls, front tuck step outs, etc.

Requirements: Standing tuck, back handspring layout, 2 back handsprings to a layout and running round-off back handspring layout.

Cheer United: This is an introductory class to cheerleading. Participants will be taught cheers, dances, and jump sequences. Skills focused on include motions, jumps, tumbling, dance, stunts, formations, and memory of choreography. At the end of the session athletes will perform what they have learned for their parents, friends, and family! This will be an opportunity for athletes to prepare for becoming member of our competitive squads in the future.

Jump Class: Focus is on improving your jumps with strength, flexibility, and technique drills. Cost is \$5 per class.

Stunt Class: This class is for bases and flyers and will include partner and group stunting. Cost is \$10 per class.

Flex Class: This class works flexibility, with a focus on drills necessary for stunting, jumps, and tumbling. Cost is \$5 per class.

Open Gym: This class is offered for athletes to work on their own at their preferred pace. Coaches will be present to help spot and supervise. Cost is \$5 for members and \$10 for non-members.

Hip Hop Dance Class: This class is for athletes ages 13 and older and will introduce a variety of hip hop tricks, turns, techniques, and unique dance moves. This class will prepare athletes to compete on a competitive hip hop team.

Private Lessons:

Private lessons can be set up with a coach of your choice. Depending on the athlete's ability, this class will be built based on the participant's request of skills. Private lessons can be set up in 30 minute increments and shared with other athletes. Cost is \$20 for ½ hour and \$35 for an hour lesson. Cost can be split with 2 athletes; 3 or more athletes is \$15 per athlete.

Each class offered is \$40 per 4 week session with some exceptions:

2 classes a week is \$60 per 4 week session, 3 classes is \$70 per 4 week session, and unlimited is \$75 per 4 week session.

Parent-Tot Tumble is \$8 per class as there are some weekends this class is not offered.

Flexibility is \$10 per month and Jump Class is \$5 per class.

Stunt Class is \$10 per class.

Open Gym is \$5 for members and \$10 for non-members per class.

*****Tumble Classes are \$12 per class if not registered for the 4 week session.*****

Yearly registration fee per family is \$25 + tax, each athlete enrolled will receive a t-shirt.

We also offer a \$10 sibling discount for classes and \$20 sibling discount for our All Star athletes.