

# DESERT DEVILS TUMBLING SCHEDULE

## FALL 2010 SCHEDULE

### BEGINNING TUMBLING 1 - BEGINNERS AGES 5-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 - 6:00		6:00 - 7:00			

### BEGINNING TUMBLING 2- BEGINNERS AGES 12 and UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00	7:00 - 8:00	6:00 - 7:00			

### INTERMEDIATE TUMBLING - ROUND-OFF BACKHANDSPRING REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00		7:00 - 8:00			

### ADVANCED TUMBLING - ROUND-OFF BACKHANDSPRING BACK TUCK REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 8:00			*7:00 - 8:00		

### BACKHANDSPRING CLASSES *\*need 3 to start*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*4:00-5:00		6:00-7:00		

# DESERT DEVILS TUMBLING CLASS DESCRIPTIONS

## BEGINNING TUMBLE 1 (AGES 5 - 12)

THIS CLASS WILL FOCUS ON SKILLS AND PROGRESSIONS FOR STANDING AND ROUND-OFF BACKHANDSPRINGS, ALONG WITH BASIC FRONT TUMBLING SKILLS.

## BEGINNING TUMBLE 2 (AGES 12 & UP)

THIS CLASS WILL FOCUS ON SKILLS AND PROGRESSIONS FOR STANDING AND ROUND-OFF BACKHANDSPRINGS, ALONG WITH BASIC FRONT TUMBLING SKILLS.

## INTERMEDIATE TUMBLE

STUDENTS MUST HAVE A ROUND-OFF BACKHANDSPRING (WITHOUT A SPOT- ***NO EXCEPTIONS***), BECAUSE THIS CLASS WILL FOCUS ON ROUND-OFF BACKHANDSPRING TUCKS AND LAYOUTS, ALONG WITH FRONT TUMBLING SKILLS.

## ADVANCED TUMBLE

STUDENTS MUST HAVE A ROUND-OFF BACKHANDSPRING SERIES AND ROUND-OFF BACKHANDSPRING SERIES TO TUCK (WITHOUT A SPOT - ***NO EXCEPTIONS***) BECAUSE THIS CLASS WILL FOCUS ON LEARNING LAYOUTS AND TWISTING.

## BACKHANDSPRING CLASSES

THIS CLASS WILL WORK ON ALL SKILLS TO LEARN BACKHANDSPRING (BRIDGES, KICKOVERS, SHOULDER STRENGTH AND FLEXIBILITY)

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