

2019-2020 Stoughton Tumblers Class Schedule (608) 873-1817

Trampoline & Tumbling (ages 5-18 years)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	OPEN GYM
<u>4:15-5:00</u> Level 1 & 2	<u>4:45-5:30</u> Level 2 & 3	<u>5:00-5:45</u> Level 1 & 2	<u>5:00-5:45</u> Level 1 & 2 & Dynamites	<u>10:30-11:15a</u> Level 1 & 2	<u>Open Gym's</u> Fridays @ 10:30a-11:30a & Saturdays @ 11:30-12:30 \$5 per child.
<u>5:00-5:45</u> Level 2 & 3	<u>5:30-6:15</u> Level 1 & 2	<u>5:45-6:30</u> Level 2 & 3	<u>5:45-6:30</u> Level 1 & 2	<u>Birthday Parties</u> 1:00-3:00p & 3:15-5:15p (Saturday times)	
<u>5:45-6:30</u> Dynamites	<u>5:15-6:45</u> Mighty Mites & Rec T&T Team	<u>6:30-7:15</u> Level 1 & 2	<u>5:30-7:00</u> Rec. T&T Team	Sunday's available on request. A \$50 deposit is due at booking. <u>Parent Nights</u> <u>Out</u> Select Saturday evenings - 5:30-8:00 @ \$20 5:30-9:30 @ \$30	
<u>6:30-7:15</u> Stoughton Warriors	<u>6:30-7:15</u> Level 1 & 2	<u>7:15-8:00</u> Stoughton Warriors	<u>6:45-7:30</u> Level 2 & 3		
<u>6:30-7:15</u> Rec 10+Level 4	<u>6:45-8:00</u> Team 1 & 2	<u>7:15-8:00</u> Rec 10+ Level 4	<u>6:45-8:00</u> Comp. Team		

INTRO TO GYMNASTICS (Ages 4.5-7)

Bars, Beam & Vault and Floor!

MONDAY	5:00-5:45	5:45-6:30
TUESDAY	5:15-6:00	6:00-6:45

CHEER (Ages 3-16)

ALL START Cheer (Tumbling & Stunting)

MONDAY	<u>5:00-5:45</u> Ages 3-7	<u>5:45-6:30</u> Ages 7-11	<u>6:30-7:15</u> Ages 11-16
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PRESCHOOL & PARENT CHILD CLASSES (18 months - 4.5 years)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:00 (p/c) 5:00-5:30 5:35-6:05 6:10-6:40 6:45-7:15	5:10-5:40 5:45-6:15 6:20-6:50	5:00-5:30 5:35-6:05 (p/c) 6:10-6:40 6:45-7:15	4:30-5:00 5:00-5:30 (p/c) 5:35-6:05 6:10-6:40 6:45-7:15	9:55-10:25a m	9:40-10:20am

Sessions

Fall 1 - Tuesday, September 3rd - Friday, October 18th (Mon = 6 weeks, T, W, TR, F = 7 weeks)

Fall 2 - Monday, October 21st - Friday, December 6th (M,T,W = 7 weeks, TR,F = 5 weeks) CLOSED 10/31 & 11/28-11/29

Winter 1 - Monday, December 9th - January 31st (M,T,W,TR,F = 6 weeks) CLOSED 12/22-1/3/2020

Winter 2 - Monday, February 3rd - Friday, March 20th (M,T,W,TR,F = 7 weeks) CLOSED 3/22-3/29)

Spring 1 - Monday, March 30th - Friday, May 8th (M,T,W,TR,F = 6 weeks)

Spring 2 - Monday, May 11th - Friday, June 19th (M = 5 weeks, T,W,TR,F = 6 weeks) CLOSED 5/25

Summer 1 - Monday, June 22nd - Friday, June 17th M,T,W,TR,F = 4 weeks (CLOSED 7/4)

Summer 2 - Monday, July 20th - August 21st M,T,W,TR,F = 5 weeks (CLOSED 8/23-9/7)

TRAMPOLINE & TUMBLING LEVELS

T & T LEVEL 1 -

Children fit into level 1 when they are working on forward rolls, backward rolls and beginning to learn a cartwheel. These children need manipulatives to help them cartwheel and can't quite get their legs all the way over their head. A level 1 child would be considered a beginner.

T & T LEVEL 2 -

Children fit into level 2 when they are already good at rolls and can do a good cartwheel independently. Children in this level should also be able to do a run skip cartwheel and a handstand independently, as well as working towards a round off. Trampoline skills such as tuck, straddle, pike and seat drop are required for this level.

T & T LEVEL 3 -

Children in level 3 can do all of the level 1 and level 2 requirements plus have a solid round off. These children should be working a backhandspring using manipulatives such as the smarter spotter and/or harness and show the correct form. Trampoline skills required consist of all level 2 skills as well as a turntable (swivel hips) and seat to belly.

T & T LEVEL 4 -

Children in level 4 can do all level 1 through 3 requirements as well as a backhandspring independently or with a light spot. Children in this level should also be starting to put the round off and the backhandspring together. Trampoline skills required consist of all level 2 & 3 skills as well as a front tuck, backdrop pullover and other connected skills.

REC ages 10+ -

This class is designed for those children who are ten years of age or older. These children want to progress in their skills which may be from basic to advanced, but not necessarily want to be on the competition track.

INVITE ONLY CLASSES

DYNAMITES

This program is for 4-5 year olds who have tried the preschool program but need more of a challenge. Children in this program will work on the basic tumbling skills with an emphasis on carthwheels. Attentive listening and the ability to wait their turn is a must for this class because it will be taught out in the main gym. Athletes in this class must wear a leotard or tight clothing to practice.

MIGHTY MITES

This is a pre-competitive program with the goal to progress to our competitive team down the road, if you so choose. Mighty Mites is an invitation only classes for children ages 4-6. This class will be held in the "big room" and will focus on strength, flexibility, and basic tumbling skills. Athletes in this class must wear a leotard or tight clothing to practice.

See reverse side for more + the new classes offered this year!

REC T&T TEAM -

The rec-team is designed for those athletes who are either very close to competition levels or are ready to slowly transition to competing. Being part of the rec team means that you child will participate in the home rec meets showing off their skills in the form of routines. Athletes in this class must wear a leotard or tight clothing to practice.

COMPETITIVE TEAM -

The competitive team is comprised of both boys and girls of all ages and levels. Athletes compete in 3 events: rod floor, double mini trampoline and big trampoline. This invitation only class focuses on trampoline and tumbling skills that are perfected, performed and scored by USAG or USTA judges. Athletes in this class must wear a leotard and have good worth ethic as being a part of the competitive team is a huge accomplishment.

NEW THIS YEAR!

INTRODUCTION TO GYMNASTICS

These classes are designed for children ages 4.5 - 7 years of age. Children enrolled in this program will learn basic gymnastics skills on uneven bars, balance beams, floor and vault. * We hope to expand the program as it grows this year!

STOUGHTON WARRIORS

This is a fast paced class for athletes to jump, climb and race through different obstical courses each week. These classes will allow your child to release energy, build their strength, endurance and confidence without learning the specifics of each tumbling skill.

CHEER

This class will focus on aspects of All Star Cheer which consist of tumbling skills and stunting. There will be an optional showcase after each session for athletes to show their routines to their family and friends.

If your child is intersted in special teams or competitive ALL STAR cheer please see Tara who can recommend you to Tina or David from Inifnite Cheer.