

# LGA'S NEW TUMBLING PROGRAM



## TUMBLE FUSION

We are happy to announce our new tumbling program that will allow athletes to improve and learn tumbling skills for their specific sport!

### Class Levels and Descriptions:

#### GYM TUMBLE 1

Front and back rolls, power hurdles, handstand holds, cartwheels, bridge kickovers, front and back limbers, round-offs, front and back walkovers, plus drills and strength training.

#### GYM TUMBLE 2

Front and back handsprings, power hurdle round-off handsprings, running round-off continuous handsprings, side aerials, front tuck drills, handspring rebounds, running round-off handspring rebounds, plus drills and strength training.

#### GYM TUMBLE 3

Back and front saltos, connection skills with saltos, front handsprings, front tumbling connections, handspring series, standing back tucks, twisting, aerial skills, front aerials, and more! A focus on drills and strength training as well.

These classes are for athletes that want to learn or improve their tumbling skills for GYMNASTICS!

- Athletes must be able to perform ALL of the skills in each level with good form before moving to the next level.

(Athletes will be assessed on the first class and moved if necessary to the proper level.)

[www.londongymnasticsacademy.com](http://www.londongymnasticsacademy.com)

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### Class Levels and Descriptions:

#### CHEER TUMBLE 1

Front and back rolls, power hurdles, handstand holds, cartwheels, bridge kickovers, front and back limbers, round-offs, front and back walkovers, plus drills and strength training.

#### CHEER TUMBLE 2

Valdez, cartwheel swing-through back walkovers, back walkover series, back walkover switch legs, back handsprings, front handsprings, back walkover back handsprings, cartwheel back handspring series, front and back specialty lines, rebounds, strength training, and more!

#### CHEER TUMBLE 3

Jump to back handspring series, standing back tucks, round-off back handspring tucks/layouts, front handspring front tucks, back walkover back tucks, front and back specialty passes to layouts, drills for layout fulls, punch front step-outs and whip transitions, as well as strength training.

These classes are for athletes that want to learn or improve their tumbling skills for CHEERLEADING!

- Athletes must be able to perform ALL of the skills in each level with good form before moving to the next level.

(Athletes will be assessed on the first class and moved if necessary to the proper level.)

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### Class Levels and Descriptions:

#### ACRO TUMBLE 1

Candlestick, L-kick, handstand, handstand roll, cartwheel, one-handed cartwheel, hurdle, hurdle round-off, bridge kickover, forward chest roll, toe ride to bridge, handstand ½ turn, back walkover and front walkovers, one-handed front and back walkovers, kip-ups.

#### ACRO TUMBLE 2

Elbow cartwheel, elbow stand, headstand, dive roll, front limber, tick-tock, back limber, front handsprings, side aerials, front handspring step-outs, back handsprings, back handspring step-outs, flysprings, flip-flop step-outs.

#### ACRO TUMBLE 3

Illusions, press to handstand, Valdez to handstand pirouette, standing back tucks, round-off back tucks, round-off layout step-out, Baranis, front aerial walkovers, aerial combos, punch fronts, and specialty passes.

These classes are for athletes that want to learn or improve their tumbling skills for ACRO/DANCE!

- Athletes must be able to perform ALL of the skills in each level with good form before moving to the next level.

(Athletes will be assessed on the first class and moved if necessary to the proper level.)

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