

## Capitol Kids Tumbling

### **Tumbling Classes:**

*Ages: 6-18, 55 min. class*

*Cost: \$82/month*

#### **Basic and Beginning**

For kids working on Handstands, Cartwheels, Forward Rolls, Backwards Rolls, Bridges, and backbends.

#### **Walkover**

For kids working on back walkovers, front walkovers, and round offs.

#### **Back Handsprings**

For kids working on back handsprings, round off back handsprings and front handsprings.

#### **Back Handspring+ & Tucks**

Class focuses on developing power for multiple back handsprings both in standing/running tumbling and moving into round off back handspring tucks. Also included are Aerials and punch fronts.

#### **Layout, & Fulls Class**

For kids working on layouts and full twisting layouts in running tumbling. Standing tucks as well.

## Preschool Tumbling

#### **Tiny Tumblers:**

For kids working the basic motor skills for tumbling.

*Ages: 3-6, 45 min. class*

*Cost: \$72/month*

#### **Tumble Bee's:**

For kids working advance motor skills for tumbling.

*Ages: 4-6, 55 min. class*

*Cost: \$82/month*