



HYPE'S TUMBLING PROGRAM OVERVIEW

We are excited to bring back our Tumbling Program for Dancers! HYPE Dance Studio is offering additional training with acro skills that dancers can incorporate into their routines. We are noticing a big merge of acro into dance and want to offer this opportunity to our students! They love to tumble, and this will be a fun new adventure for anyone who wants to join the classes!

PLEASE READ ALL INFO BELOW:

All classes taught by Liz Murphy. Class size is limited, enrollment will be on a first come-first serve basis. If classes become full, more tumbling classes will open on Saturday's. There are 3 levels of "Tumbling for Dancers." Descriptions below list prerequisites and level progressions.

Tumbling for Toddlers (ages 2-3)

Saturday's 10:00-10:45 AM

Introduction to tumbling for our younger dancers! Liz teaches safety in movement to enhance mobility, coordination, agility, and understanding of placement for these active toddlers. A 45 minute class is perfect to review each week's curriculum.

Tumbling for Dancers I

Ages 6-10: Tuesday's 4:30-5:30 PM

Ages 9+: Friday's 5:30-6:30 PM

Prerequisites:

- Currently enrolled in dance, no tumbling experience needed. However, dancers must be comfortable with concept of strengthening and tumbling.

Dancers in this class will be working on:

- rolls (forward and back)
- cartwheels
- handstands
- back bends
- standing down to back bend and then back up to standing

Tumbling for Dancers II

Ages 8-12: Thursday's 4:30-5:30

Ages 8+: Saturday's 10:45-11:45

Prerequisites:

- rolls (forward and back)
- cartwheels
- handstands
- back bends
- standing down to back bend and then back up to standing

Dancers in this class will be working on:

- Rolls, front and back
- Cartwheels into Roundoffs
- Cartwheels into Aerials
- Back Bends into Back Walkovers
- Back Bends into Back Handsprings

Tumbling for Dancers III (ages 9+)

Saturday's 11:45 AM - 1:00 PM

Prerequisites:

- Strong cartwheels
- Aerials - side
- Strong back walkovers
- Strong front walkovers
- Back handsprings
- Front handsprings

Dancers in this class will be working on:

- The skills listed in Tumbling I/II will be used for warmup
- Aerials, front and side
- Back handsprings
- Front handsprings
- Connecting skills
 - Round off back handsprings
 - Cartwheel back handsprings
 - Pirouettes into aerials
 - Jete's into aerials
- Valdez
- Rolling tensica

GENERAL GUIDELINE FOR EACH CLASS:

10-15 min stretching/warm ups

20-30 min stations

10-15 min mat tumbling (with mats in a line in the room)

10 min strength/stretching

PAYMENT FOR TUMBLING CLASSES:

Tumbling classes are the same as our normal class rates.