



Recreational Tumbling Program

September 2016-April 2017

www.AZALLSTARS.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4pm-5pm		Youth Ages 4-7			
5pm-6pm	All levels Class	All levels Class	All levels Class	All levels Class	
6pm-7pm	All levels Class	All levels Class	All levels Class	All levels Class	

How AZ All-Stars tumbling classes work: All levels of athletes warm-up and stretch together and then are split into groups with specific coaches depending on what level/skill each athlete is currently work on. Each athlete will work standing tumbling skills, running tumbling skills, and skills and drills on trampoline in progression that is fit for each specific athlete.

Sample of skills worked on in progression:

Forward Rolls, Backward Rolls, Press to Bridge, Handstand, Handstand Forward Roll, Backbend/Bridge from Standing, Handstand Block, Cartwheel, Cartwheel Block, Cartwheel Pull through, Backbend Kickover, Back Walkover, Front Limber, Front Walkover, Roundoff, Connection of skills, Back Handspring, Back Walkover Back Handspring, Back Handspring Series, Roundoff Back Handspring, Roundoff Back Handspring Series, Punch Front, Roundoff Back Handspring Tuck, Roundoff Back Handspring Layout, Transitional Skills through to Tucks and Layouts, Full Twisting Flipping Skills

Deals This Month:

Punch Card – Any 10 Tumbling Classes for \$125

****Must use all 10 classes within 60 days of purchase****

Tuition Rates: Monthly	1 x week	2 x week	3 x week	Unlimited
	\$75	\$115	\$135	\$165

Terms and Conditions:

****No Registration Fee****

****Pro-ration is only for new members when necessary****

****Monthly rates begin the 1st of each month****

****Make up classes must be used within 30 days and student must be currently enrolled in classes****

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