



TUMBLING FAQ'S

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT ARE THE LEVELS/DESCRIPTIONS?

Parent/Child: This is a class designed to teach tumbling with the help of an adult partner. One adult for every child is required to help instructor encourage the participants to be engaged in the basic movements of tumbling. They will use games to keep the activities fun and flexible!

Beginner: This class is for all tumblers who have little or no experience with tumbling at all. They will learn the basic fundamentals of tumbling as well as some skills. Stretching, forward rolls, backward rolls, handstands, cartwheels, back-bend, back-walkover, and front walkover.

Novice: This class will be for the tumblers who can do a back-bend, back-walkover, front-walkover, and cartwheels. They will learn back flips. This class will be putting together all these skills to form passes.

Intermediate: This class will be for the tumblers who can do round-offs and back flips. They will learn back tucks. They will form passes with these skills.

Advanced: This class is for the tumblers who can already do back flips and back tucks. These tumblers will learn front flips, branies, and fulls. This is the most advanced class. They will put their skills together to form a pass.

HOW MANY CLASSES CAN I SIGN UP FOR?

Your child can sign up for a Monday, Tuesday OR Thursday class, which will meet once a week. There will be an average of 4.33 classes per month in the calendar year 2020.

WHAT DO I NEED TO BRING TO CLASS?

We recommend a leotard or comfortable shorts and loose fitting shirt. No jeans/jean shorts please. A water bottle if needed.

WHO ARE THE INSTRUCTORS?

Mandie Beckman will lead the Tumbling Program. Please visit our website at www.knoymca.org/programs/tumbling to view her biographies. The ratio will be one- two instructors per six-eight students, depending on age group and level.

HOW DO I ENROLL?

Register online at knoymca.org or at our Member Service Desk via tablet!

WHAT'S THE COST?

Program fee is a continuous monthly draft on the 1st of the month from a checking/savings account. Fees are \$25/month for those with a household membership, or \$55/month for a non-member. A second and third child discount of \$10/child will be given.