



Evolution Training Center, LLC
2017-2018 - Tumble Schedule
360 Milltown Road, Bridgewater, NJ 08807
908-450-0384 www.TheEvolutionGym.com

Session begins September 5, 2017 and ends August 31, 2018

Scheduled closings: Labor Day September 2-4, Halloween October 31, Thanksgiving November 23-26, Winter Break December 24-Jan 1, Spring Break March 26-April 1, Memorial Day May 26-28, Summer Break July 1- 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am						Beginner Tumbling (8 & under) (60) USASF 1 (60)
9:15am						Intro to Tumble (45)
10:00am						Beginner Tumbling (8 & under) (60) Beginner Tumbling (9 & up) (60) USASF 4 (90)
11:00am						USASF 1 (60) USASF 2 (60)
12:00pm						Open Gym (90)
4:00pm	USASF 1 (60)					
4:30pm			Open Gym (90)			
5:00pm	Beginner Tumbling (60)	USASF 1 (90)	Beginner Tumbling (60) USASF 1 (60)		Beginner Tumbling (8 & under) (60) Beginner Tumbling (9 & up) (60) USASF 1 (60) USASF 2 (60)	
5:15pm	Flight School (45)	Intro to Tumble (45)		Intro to Tumble (45) Flight School (45)		
5:30pm	Boys Extreme (60)					
6:00pm				USASF 1 (90) USASF 2 (90) USASF 3 (60)	Open Gym (90)	
6:30pm	USASF 1 (60)	USASF 2 (90)	Boys Extreme (60)			
7:00pm		USASF 1 (60)				
7:30pm	USASF 2 (90) USASF 3 (90) USASF 4 (90) USASF 5 (90)	USASF 3 (90) USASF 4 (90)	USASF 1 (60) USASF 2 (60) ACRO (60)	Beginner Tumbling (60)		
8:00pm	Adult Open Gym 18+ (120)					

Evolution Training Center, LLC is a member of the United States All-Star Federation (USASF.NET) and follows the USASF tumbling guidelines.

Class Descriptions:

Pre-School: For ages 3-5, still surrounded by all the FUN of music and games, the emphasis shifts to basic skills and body positions - tuck, straddle, forward/backward, cartwheels, handstands- and incorporating balance, strength and coordination activities.

Intro to Tumble: For ages 4-6, some children advance very quickly through the basic skills, but are not quite age-ready for the Beginner level. This focus is on introducing more advanced skills and offers the opportunity to join our cheer and tumble exhibition team to show off their stuff!

Beginner Tumbling: Basic tumbling skills are the focus – forward & backward rolls, handstands, cartwheels, power hurdle & running 2 step round-offs.

USASF 1: Progression continues with standing back handspring and round-off back handsprings – minimum requirement is a proficient power hurdle & running 2 step round-off.

USASF 2: Progression continues with round-off back handspring back tuck and jump to standing back handspring – minimum requirement is a proficient, independent multiple back handspring pass.

USASF 3: Progression continues with combination passes to layout, x-outs, standing back handspring back tuck – minimum requirement is a proficient independent round-off back handspring back tuck.

USASF 4: Progression continues with twisting skills leading up to full and double full layouts – minimum requirement is a proficient independent round-off back handspring layout.

USASF 5: Progression continues with combination passes to full and double, standing full – minimum requirement is a proficient independent round-off back handspring full and jump to standing tuck.