



~Tumbling~

Mid-Columbia Gymnastics & Cheer

Offering a complete tumbling program based on safe progressions and the overall development of each student.

Open to Elementary, Middle & High School Boys and Girls

MCGA Philosophy~ It is essential that tumbling students and their parents understand that our tumbling staff is not here to simply “spot” students or “do the work” for them. Students must be willing to put in the effort with conditioning, flexibility and skill drills. This will enable them to eventually master the skills themselves. Through our progressive lesson plans, students condition and train up to each skill. The coach will decide when a student is ready to attempt a skill (with supervision). Many tumbling skills are difficult and take many years of training to learn correctly. MCGA highly recommends that students take a gymnastics class to build strength & flexibility and learn the basics before enrolling in tumbling (especially younger students).

MCGA Tumbling Classes Beginning through advanced levels

***note-** Some tumbling classes are reserved for Force Cheer only.

Training- Tumbling Coaches use a moving dynamic warm up to get the core warmed up and the tumbler ready to work out. We use trampolines, tumble track, mini tramps and various gymnastics equipment to teach drills which will lead to completed skills.

Coaching Staff- The majority of our coaching staff is trained in gymnastics. Our caring coaches are dedicated to teaching students the “correct” way of tumbling, not the quickest way to gain a skill. They are patient and understand how difficult tumbling is.

Attire- Female students are required to wear a leotard and cotton gym shorts. Hair must be tied back. Bare feet. Male students must wear a t-shirt and cotton shorts. No zippers or snaps. Bare feet.

Class Information- The majority of our classes meet 55 minutes per week and cost \$50 per month. There are discounts for multiple classes as well as family discounts. (2 classes per week- \$75 per month.) Please see the current cheer/tumbling schedule for class times or call our office.

Classes are available year round to maintain skills, strength and flexibility!

Elements of Tumbling Will Benefit Male and Female Athletes In...

Karate, Skateboarding
Cheerleading, Dance
Snowboarding
Diving & Swimming
Track & Pole Vault
Volleyball, Wrestling
Football, Baseball
Basketball, Soccer

Trampoline and every other sport!

735-3861 MCGA.ORG

FREE Introductory Class!

