



~Tumbling~

Mid-Columbia Gymnastics Mid-Columbia 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
Classes are offered at both facilities.

Our 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. It is essential that students work on their core strength in and out of the gym. 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). The coach also decides when a student is ready for the next level.

Skill Levels

Level 1- This introductory class focuses on the most important elements of tumbling: the basics. These basics are the foundation for all tumbling and many other sports. The focus of this class is body shapes (the same that is taught in gymnastics such as arch & hollow), bridges, forward & backward rolls, cartwheels, round offs, back walkovers, and back handsprings.

Level 2- Once the student has a good back handspring on an incline without a spot, he or she can move to level 2. The goal of this level is to get the student to do a back handspring on the floor, round off back handspring, and connecting back handsprings.

Level 3- Level 3 students must have a round off back handspring, back handspring to be in this class. We work on back tucks, front tucks, standing tuck, and handsprings with tucks. This class continues to perfect the knowledge of body positions and shapes.

Level 4+- A round off back handspring back tuck is required for level 4. Coaches train all of the above as well as continuous back handsprings, back tucks, layouts and twisting skills.

*The majority of our tumbling classes take place at our cheer facility. Please check for location and availability in classes. All new students must be evaluated in level 1 and cleared to move to the appropriate level.

General Program Information

Attire- cotton gym shorts, t-shirt or appropriate tank top. A gymnastics leo underneath is strongly recommended. Tennis shoes optional. Male students must wear a t-shirt and cotton shorts. No zippers or snaps.

Class Information- The majority of our classes meet 55 minutes per week and cost \$55 per month. There are discounts for multiple classes as well as family discounts for all children in a family in gymnastics, cheer and tumbling! (2 classes per week- \$80 per month.) Please see the current cheer/tumbling schedule as well as current registration information for class times or call our office. (Substantial discounts for Elite Force Cheer Members.) Some classes are held at Mid-Columbia Gymnastics on Fowler St– see schedule. Classes are available year round.

Elements of Tumbling Will Benefit students in cheer, but also greatly benefit those in...

Karate, Skateboarding, Dance, Snowboarding, Diving & Swimming, Track & Pole Vault, Volleyball, Wrestling, Football, Baseball, Basketball, Soccer, Trampoline and every other sport!

**Mid-Columbia Gymnastics- 735-3861
1523-C Fowler St. Richland, WA 99352**

**Mid-Columbia Cheer– 735-3861
8382 W. Gage Blvd. Kennewick WA, 99336**

MCGA.ORG

FREE Introductory Class!