

POWER TUMBLING & TRAMPOLINE

Power tumbling consist of three different events, double mini trampoline, rod floor, and euro bed trampoline.

At this time we are only offering two of the three events, rod floor and trampoline.

Power tumbling classes will teach athletes proper tumbling techniques and learn body awareness.

Classes and team levels are determined by the skill level of your child.

For classes and team we offer beginner, intermediate, and advanced.

Levels will be based on the following:

- Beginner : cartwheel – round off – back handspring
- Intermediate : multiple back handsprings – whips – barani – back full
- Advanced : double full – randy – double backs – double fronts

Trampoline Info

Beginner trampoline routines will teach skill building including :

- basic flips
- position jumps
- technique
- body control

Athletes will attempt to perform a 10 skill routine while maintaining height, control, and body awareness.



Tumbling Info

Power tumbling is judged on speed, form, and consistency.

Successful tumbling will only be achieved through hard work of the following:

- Repetition of drills
- Repetition of skills
- Strength through conditioning

Team Info

As a team we offer local, regional, and national competitions. When athletes reach the Jr. Elite and Sr. Elite level you will then have the opportunity to compete at international competitions.

If you child is interested in competing but they're not quite ready we also have a pre team. Pre team members will learn the routines and then compete the following year.

Team is by invitation only.

Feel free to come and try out with us at the following times.

Trial classes are FREE!

Power tumbling and Trampoline hours

Tuesday 6:30 p.m. – 9:00 p.m.

Friday 6:30 p.m. – 9:00 p.m.

More times will become available.