

Floor Gymnastic/Tumbling Program

Thank-you for choosing **TX Academy** for your child's tumbling training. Tumbling offers a **fun** and **healthy** form of **exercise** while making friends. Our class offers beginner-advanced levels separated by ability for ages 3 and over! We offer tumbling in with our combination classes as well. We have monthly payment plans for tuition. We have **small, safe**, classes where your child can **learn**.

Team Tuition: \$95.00 a month. A \$10 monthly discount will be given if automatic tuition payment is set up. (Credit Card or Post-Dated Checks) Additional discounts are available for multiple classes.

Class Attire: Choices of leotards, stretchy shorts or capri jazz pants, and may go barefoot. Wear hair up and no jewelry. If wearing a t-shirt make sure it is tucked in.

Performances: This is not a performance class .It is suggested that students take a performing class in addition to this class. **Students do not receive Trophies at the end of the year and are not in a recital. This is a skills level class**

**Gymnastics teaches character traits to last a lifetime.
This lesson plan teaches the following:**

Confidence	Aids Physical Fitness	Leadership	Teaches new skills
Sportsmanship	Poise	Positive Thinking	Flexibility
Discipline	Dance Steps	Positive Self Image	Coordination and much more...

Class Goals: To teach Respect, Responsibility, and Reaching for Goals, and much more.

Our class is as follows: Parents will get a curriculum of skills learned the first class.

1. Warm-ups - A choreographed warm-up is done in an efficient and timely manner and allows the student instructor to lead the routine while the Instructor observes the student and reinforces proper stretching. Students need to be on time. The warm-up is very important to proceed with the class. Flexibility is a key factor in Tumbling. The student will need to have limber back, legs, and arms.

2. Roll Call - Please call the studio when you are absent. Absences hold up the progress of class.

3. Review tumbling skills and work on new ones - This is one on one with the student and allows student recuperation time before executing the next skill. Our program is based solely on floor tumbling with no equipment. Individuals progress and train on a specific skill they are ready for. All Tumbling advances from fundamental skills and a student must first master that fundamental skill before moving on. Students are not allowed to practice tricks they are not ready for because injury is certain to happen.

4. Reinforcing Practice – The key to progressing is practicing at home. The students must practice to gain upper body strength and flexibility. The student's individual growth depends on this. Students must have the strength and flexibility to master a beginner skill properly with no injury. They will do this by repetition and doing tricks over and over. Example: Hundreds of cartwheels, hundreds of backbends, hundreds of handstands, etc.

5. Condition Exercises - Reinforces the exercises they should be doing at home to condition and letting the muscles cool down and to help prevent injury.

Our Instructors are properly trained to spot and Instruct tumbling skills. **TX Academy** thanks you for your confidence in choosing us to teach your child traits that will last a lifetime.

TX Academy Star Steppers

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www.txacademy.com