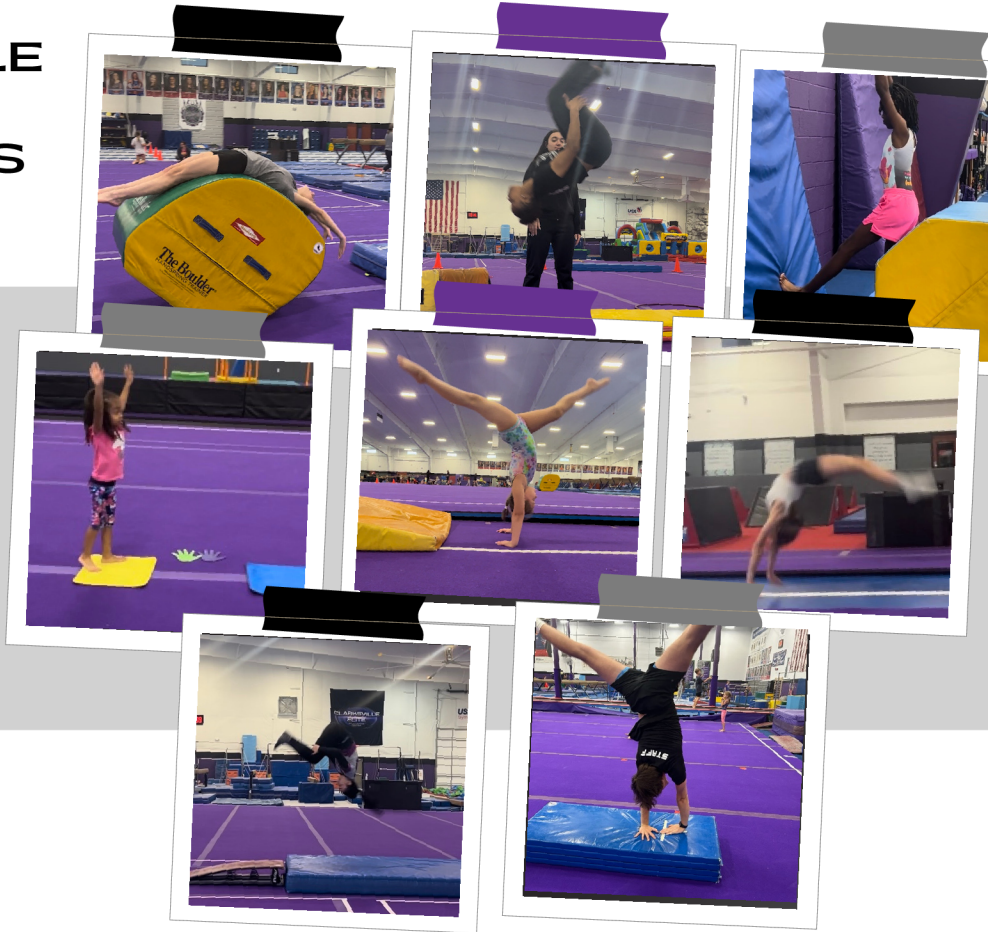




**CLARKSVILLE
ELITE
GYMNASTICS
CENTER**

Ages 5-17!

Tumbling Program



OUR FOCUS



Exercise by learning tumbling skills while having fun creating flexibility and strength.



A well-structured and positive class that provides a supportive atmosphere for our students.



Tumbling will provide social interaction, while fostering a sense of community and connection.

FLOOR

Our floor stations are filled with drills crafted to master techniques from beginner to elite levels. Guided by our instructors, they'll explore the intricacies of rolls, handstands, cartwheels, kickovers and a plethora of other skills, including walkovers, limbers, handsprings, tucks, and twisting. We prioritize safety above all else, ensuring that every skill is taught securely and tailored to your child's individual abilities. Progressions are carefully introduced into each level, guaranteeing that your child is fully prepared to safely advance and conquer new challenges with confidence.

WHY CHOOSE US?

Tumbling stands as a remarkable sport that demands mastery of both fine and gross motor skills, fostering a significant enhancement in your child's overall motor coordination. Delving into the intricacies of tumbling maneuvers not only refines physical abilities; but also serves as a catalyst for problem-solving, perseverance, and the development of cognitive capabilities.

TRAMPOLINE

Trampoline is a low impact tool that helps increase cardio, tones muscles, and improves aerial awareness. On trampoline, students will work on various jumps and skills. This station also helps our students gain strength and confidence as they safely engage in a variety of body movements while learning new skills. The beginner jumps include straight, tuck, pike, straddle, and more. The higher levels will learn back handsprings, front tucks, layouts, etc. All skills will be spread throughout each level to ensure your child's safety and execution of correct form.

CONTACT US



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