

TUMBLING

2022 INFORMATION PACK



WELCOME TO AET

Thank you for your interest in Force Elite Academy! Whether you are looking for Cheerleading, Dance or Tumbling; fully competitively, semi competitively or recreationally we have a program or a class to suit you! At Force Elite we are proud to offer a variety of programs to ALL ages from babies all the way to adults across two different locations in metropolitan Adelaide and the Southern Suburbs.

Our **Tumbling Program** offers an exceptional level of expertise, passion and dedication to teaching all levels of tumbling for all ages. From preschool to adults, beginners to high level we pride our selves on being able to offer an option for everyone and have the depth and experience needed to allow for all levels of progression and skill development.

We offer tumbling recreationally. To learn tumble with Force Elite you do not need to join a competitive program or commit long term, you can tumble on your terms and do as much or as little as you like.

Our Locations:

MILE END | Unit 5 26-42 London Rd, Mile End South

SEAFORD | 7/36 Farrow Circuit, Seaford

TERM DATES

Tumbling Classes follow the School Terms. .

TERM 1

6TH FEBRUARY - 14TH APRIL

TERM 2

1ST MAY - 9TH JULY

TERM 3

24TH JULY - 1ST OCTOBER

TERM 4

16TH OCTOBER - 26TH NOVEMBER

WHAT DO WE OFFER?

We have spent numerous years developing our tumbling program to find the right class types that create a well rounded and complete tumbling program for all levels of experience.

- All Star Tumbling Classes
- Adults Only Tumble
- Beginners Program
- Preschool Program
- Semi Private Tumble
- Private Lessons

LEVELLING

Levelling is extremely important to understand in tumbling. Knowing what skills come next is a great way to stay motivated to progress and allow for athletes to join classes that are more suited to their skill & experience level.

Below is a simplified levelling list but can give you an idea of how we level our classes and where you or your child may fit. The skills listed are the ones athlete's learn, drill and repeat until they have achieved skills with high levels of confidence & technique.

BEGINNERS, TINY & PRESCHOOL TUMBLE

No experience required at all

Learns tumbling basics up to Cartwheel, Handstands & Walkovers

LEVEL 1

Front Walkovers
Back Walkovers
Round Off

LEVEL 1.5

Dive Roll
Back Handspring (BHS)
Front Handspring (FHS)

LEVEL 2

RoBHS Multiples
Standing Back Handspring
Back Walkover BHS

LEVEL 3

RoBHS Tuck
Punch Front (Front Tuck)
Standing BHS Multiples

LEVEL 4

RoBHS Layout
Standing BHS to Tuck
Standing Tuck
Punch Front Step Out

LEVEL 5

RoBHS Full Twist
Standing BHS to Layout
Arabian
Whips

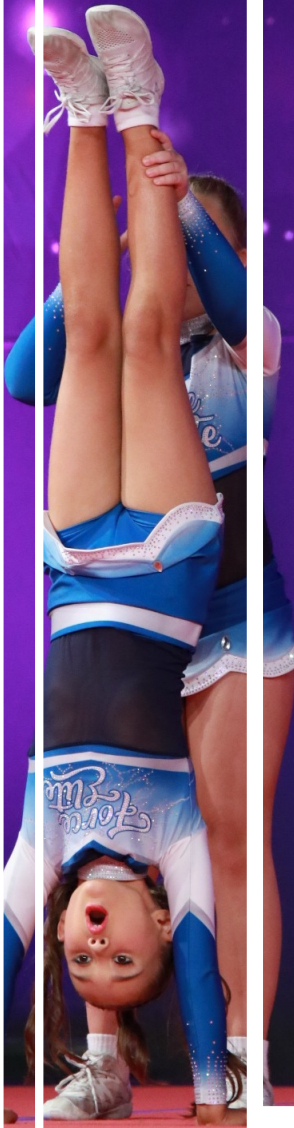
LEVEL 6

RoBHS Double Full
Standing BHS Full
Standing Full

ADULT TUMBLE

Any tumbling level from zero experience to equivalent Level 2/3 is possible in Adult Tumble classes.

ALL STAR TUMBLE



Levels 1-6 Tumble

Our All Star tumbling classes are broken into levels between 1 & 6 to allow for continued skills progression no matter how serious you take your tumbling. These classes are mostly populated by our competitive cheerleaders but are open to everyone. We commonly have dance athletes, gymnasts & self taught tumblers of all levels join these classes to benefit from our world class coaching and help continue their progression.

Location: **Mile End Levels 1-6 & Seaford Levels 1-2**

Cost: **\$15**/session (Mile End)

Cost: **\$12**/session (Seaford)

Registration **\$20**/yearly

PRESCHOOL PROGRAM

TumbleTots

TumbleTots is your child's first tumbling class for ages 2 & 3 years of age. Learn repetitions of movements and terminology to start to get kids to start to understand the basic movements and develop coordination and strength. This class requires one parent/guardian per child to assist.

Location: **Mile End & Seaford**

Cost: **\$5**/session

30min/session

Registration **FREE**

TINY PROGRAM

TinyTumble

TinyTumble is for kids aged 4 to 6 years of age and expands on the teachings of TumbleTots and adds more complex movements, exercises and drills to start to develop your child's first tumbling skills. TinyTumble is where your child starts to become more independent and can take class with parent/guardian assistance.

Location: **Mile End & Seaford**

Cost: **\$10**/session

45min/session

Registration **FREE**

BEGINNERS PROGRAM

Beginners Tumble

Beginners tumble offers the perfect entry into the world of tumbling for kids aged 7-13yrs. This class is designed for kids with zero tumbling or gymnastics experience and will teach the fundamentals of tumbling shapes, terminology and movements whilst building the strength and confidence to attempt their first tumbling skills. Beginners classes are delivered with a mix of Fun & Function to give kids all the right drills and exercises but making it fun and engaging at the same time. This class should ignite a passion and love for tumbling in your child!

Location: **Mile End & Seaford**

Cost: **\$15**/session (Mile End) | **1hr**/session

Cost: **\$12**/session (Seaford) | **45min**/session

Registration **\$20**/yearly

Beginners Plus

Beginners Plus tumble allows for kids who are ready to move onto more advanced movements and skills. Keeping with the same fun approach in Beginners Tumble, those who have achieved their handstands & cartwheels with confidence and good technique can move on to walkover skills and above without needing to change class times.

Location: **Mile End & Seaford**

Cost: **\$15**/session (Mile End) | **1hr**/session

Cost: **\$12**/session (Seaford) | **45min**/session

Registration **\$20**/yearly

ADULT TUMBLE

Adult Tumbling Class

Force Elite is one of the only tumbling academy's that offers a Tumbling option specifically for adults to get into tumble with no experience required. This class offers a supporting environment for adult athletes to feel comfortable to learn such a challenging new activity like tumbling. These sessions are run and taught by our Head Tumbling Coach and have the benefit of the very best tumbling expertise we have to offer. Adult Tumble classes can help you gain skills from complete beginner up to Intermediate level!

Location: **Mile End Only**
Cost: **\$15**/session | **1hr**/Session
Registration **\$20**/yearly

SEMI PRIVATE LESSONS

Semi Privates

Ever since we started Semi Privates back in 2017 they have been one of our most popular tumbling options for athletes looking to get more one-on-one time with their coach at a great price! These sessions are for only 5 students max, making the class size much smaller than a standard Tumbling class and allow for more individual attention on each student and make for a great additional class option. Due to the popularity of these classes Semi-Privates are the only class that you have to book the full term in advance. Week-to-week bookings not available for Semi Privates.

Location: **Mile End Only**
Cost: **\$17**/session billed per term | **30min**/session
Registration **\$20**/yearly

PRIVATE LESSONS

Tumbling Privates

The very best way to progress your tumbling at any experience level is having one-on-one time with your coach where you can get custom made drills lessons just for you and your skill set to help you improve the areas you need most. These sessions are extremely sought after and easily our most popular tumbling option we offer due the undeniable benefit of private instruction. Private lessons are open for anyone at any level and are offered by a variety of our tumbling coaches giving you ample choice in both times and instructors.

You can book Private Lessons via our calendar!
[Click Here](#) - to see what is available!

Location: **Mile End & Seaford**
Cost: **\$30-35**/session, rate varies between instructors | **30min**/session

ADDITIONAL CLASSES

Open Tumble

Tumbling is one of those activities that takes a lot of hard work and practice to master and progress. Time in the gym is so important to get the repetitions and conditioning level where you need it to be to get that next level. Open Tumble allows for self driven athletes to use the gym at their own pace and practice skills under supervision but without any instruction.

You can book Open Tumble via our calendar!

Click Here - to see what is available!

Location: **Mile End Only**

Cost: **\$5**/session (Session times vary between 1.5-3hrs)

Flexibility Classes

Being flexible is very important for tumblers to be able to create the shapes and movements required in tumbling skills. All round flexibility is also fantastic for injury prevention general athlete wellbeing and fitness.

Location: **Mile End & Seaford**

Cost: **\$7**/session | **30min**/session



TIMETABLE

MILE END

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
ALL STAR TUMBLE LEVEL 3/4 4:30-5:30PM	TUMBLETOTS 4:00PM-4.30PM	TINYTUMBLE 4:30-5:15PM	ALL STAR TUMBLE LEVEL 3/4 4:30-5:30PM	TUMBLETOTS 9:15AM-9.45AM
ALL STAR TUMBLE LEVEL 1.5/2 5:30-6.30PM	ALL STAR TUMBLE LEVEL 1.5 4:30-5:30PM	ALL STAR TUMBLE LEVEL 1 5:30-6:30PM	TINYTUMBLE 5:30-6:15PM	SEMI PRIVATE 9.30-10:00AM
BEGINNER/BEGINNER PLUS TUMBLE 6:00-7:00PM	ALL STAR TUMBLE LEVEL 1/1.5 5:30-6:30PM	BEGINNER/BEGINNER PLUS TUMBLE 6:30-7:30PM	ALL STAR TUMBLE LEVEL 1.5/2 5:30-6:30PM	ALL STAR TUMBLE LEVEL 3/4 10:00-11:00AM
SEMI PRIVATE 6:30-7:00PM	ALL STAR TUMBLE LEVEL 1.5/2 6:30-7:30PM	SEMI PRIVATE 7:00-7:30PM	ALL STAR TUMBLE LEVEL 5 6:30-7:30PM	ALL STAR TUMBLE LEVEL 1/1.5 10:00-11:00AM
SEMI PRIVATE 6:30-7:00PM	ALL STAR TUMBLE LEVEL 1 7:30-8:30PM	ADULT TUMBLE 7:30-8:30PM	ALL STAR TUMBLE LEVEL 3/4 6:30-7:30PM	BEGINNER/BEGINNER PLUS TUMBLE 11:00-12:00PM
ALL STAR TUMBLE LEVEL 2/3 7:00-8:00PM				TINYTUMBLE 11:30-12:15PM

SEAFORD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	BEGINNER/BEGINNER PLUS TUMBLE 5:45-6:30PM	TUMBLETOTS 10:30-11:00AM		BEGINNER/BEGINNER PLUS TUMBLE 9:00-9:45AM
		TUMBLETOTS 3.30-4:00PM		TINYTUMBLE 9:00-9:45AM
		TINYTUMBLE 4:00-4:45PM		ALL STAR TUMBLE LEVEL 1 11:15-12:00PM
		ALL STAR TUMBLE LEVEL 1 6:15-7:00PM		
		ALL STAR TUMBLE LEVEL 1/1.5 7:00-7:45PM		



HOW TO REGISTER

You can enrol into classes directly via our online registration form! If you are looking to enrol into any Beginners classes or Semi-Privates feel free to enrol anytime. If you are more advanced and need to join an All Star Class for higher levels please **Contact Us** to find out the right levelling for you.

STEP 1 Contact us today and speak to one of our Tumbling Experts on what class best suits you!

STEP 2 Bookings for **Private Lessons & Open Tumble?**
[CLICK HERE*](#) *Calendar is defaulted to February 2023 - You can navigate to the month you want after opening the link.

STEP 3 Complete our 2023 **Waiver**
[CLICK HERE](#)

STEP 4 Come along to your first class - Beginner & Preschool classes get first class free!

STEP 5 Set up payments & finalise your enrolment in person with our friendly Reception Staff

CONTACT US

Have any other questions? Feel free to contact us .

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