

Limelight Allstars

2026 Fall Tumbling Class Schedule

Price \$360.00 plus HST

Dates Sep 14-Dec 20

**There is no class on Saturday, October 10 - Thursday, October 15 for Thanksgiving.*

Description Tumbling is basically floor gymnastics with a focus on flipping on the floor or track. Athletes will learn drills and skills that build strength, endurance and flexibility. Once an athlete has mastered the level skills, they are able to move up a level.

What are the skills in each level?

Level 1 includes: rolls, bridges, cartwheels, hadnstands, kickovers walkovers, roundoffs, and combinations of these.
 Level 2 includes: back and front handsprings, roundoff hand springs, combination of level 1 and 2 skills, prep for level 3

What if i am close to my level 3 skills?

Attend a level 2 class to confirm, then speak to coaches about options.

What is the structure for the tumbling classes?

All classes are 55 minutes in length
 10 min warmup
 20 min drills
 20 min skills
 5 min conditioning
 Our tumbling classes are not divided by age, only levels.

What should athletes wear to practice?

Comfy shorts or leggings, any shirt or sports bra and indoor running shoes.

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
7:00-7:55pm Level 1 Tumbling	7:00-7:55pm Level 1 Tumbling	6:30-7:25pm Level 1 Tumbling	6:30-7:25pm Level 1 Tumbling	10:00-10:55am Level 1 Tumbling	11:00-11:55am Level 1 Tumbling
8:00-8:55pm Level 2 Tumbling	8:00-8:55pm Level 2 Tumbling		7:30-8:25pm Level 2 Tumbling	10:00-10:55am Level 2 Tumbling	

Registration opens June 2, 2026

Contact Us

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