



Required Skills for Tumbling Classes

Captivation Dance Affiliates offers four Tumbling levels. Below is a list of skills that must be mastered for a dancer to be placed in each respective class.

Tumbling Level 1 (1st & Up)

Monday from 4:00-5:00pm (All Ages)

Tuesday from 5:00-6:00pm (Kinder-4th Grade)

Wednesday from 6:00-7:00pm (All Ages)

Friday from 4:15-5:15pm (All Ages)

Required Skills to Enroll in Class:

- No Required Skills

Tumbling Level 2 (By Instructor Approval Only - 1st Grade & Up)

Monday from 6:30-7:30pm (All Ages)

Tuesday from 6:00-7:00pm (1st-5th Grade)

Tuesday from 7:00-8:00pm (5th Grade & Up)

Friday from 6:00-7:00pm (All Ages)

Required Skills to Enroll in Class:

- Solid Backbend
- Back Walkover
- Front Limber
- Round Off
- Independent Handstand
- One-arm Cartwheels on Both Sides
- Cartwheel on Both Sides

SEE PAGE 2 FOR LEVELS 3 & 4 REQUIREMENTS

Tumbling Level 3 (By Instructor Approval Only - 1st Grade & Up)

Monday from 7:30-8:30pm (All Ages)

Tuesday from 4:00-5:00pm (All Ages)

Required Skills to Enroll in Class:

- Side Aerial
- Back Handspring
- Back Walkover
- Front Walkover
- Handstand Walks
- Handstand Forward Rolls

Tumbling Level 4 (By Instructor Approval Only - 1st Grade & Up)

Wednesday from 4:45-6:00pm (All Ages)

Required Skills to Enroll in Class:

- Back Tuck
- Front Aerial
- Side Aerial
- Back Handspring