



CLASS SCHEDULE

CLASSES OFFERED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TUITION
<u><i>Tiny Tumblers</i></u> AGES 3-5 ONLY, NO EXPERIENCE NECESSARY		4:30PM	4:30PM		\$110.00/ MONTH
<u><i>Beginning Tumbling</i></u> AGES 6-18, NO EXPERIENCE NECESSARY	4:30PM 5:30PM	4:00PM 4:30PM 5:00PM	4:30PM 5:30PM	4:30PM 5:30PM	\$110.00/ MONTH
<u><i>Back Handsprings Prep</i></u> *MUST PASS A SKILLS CHECK COMPLETING ALL BEGINNING TUMBLING SKILLS.	6:30PM	4:30PM	6:30 PM	4:00PM 7:00PM	\$110.00/ MONTH
<u><i>Adv. Back Handsprings</i></u> *MUST PASS A SKILLS CHECK COMPLETING ALL BEGINNING TUMBLING SKILLS.		7:30PM	7:30PM		\$110.00/ MONTH
<u><i>Running Tucks</i></u> *MUST PASS A SKILLS CHECK COMPLETING ALL BACK HANDSPRING SKILLS.		7:30PM		4:30PM	\$110.00/ MONTH
<u><i>Layouts & Fulls</i></u> *MUST PASS A SKILLS CHECK COMPLETING ALL RUNNING TUCK SKILLS.					\$110.00/ MONTH
<u><i>Jump Class</i></u> NO EXPERIENCE NECESSARY		6:30PM			\$110.00/ MONTH
<u><i>Stretch Class</i></u> NO EXPERIENCE NECESSARY					\$69.00/ MONTH
<u><i>Trampoline Class</i></u> NO EXPERIENCE NECESSARY			4:00PM	4:00PM	\$110.00/ MONTH
<u><i>Flyers Class</i></u> NO EXPERIENCE NECESSARY		5:30PM			\$110.00/ MONTH
<u><i>AZ Basic TNT</i></u> NO EXPERIENCE NECESSARY	4:30 PM				\$165.00/ MONTH
<u><i>AZ Basic Cheer</i></u> NO EXPERIENCE NECESSARY	5:30PM				\$180.00/ MONTH

[DROP-IN CLASSES- \$30.00] ALL DROP IN CLASSES CAN BE SCHEDULED THE DAY OF WITH THE FRONT OFFICE STAFF. WAIT LIST CLASSES ARE ALWAYS AVAILABLE UPON REQUEST FOR ANY CLASS.

AZ Royals

480-702-1947
34442 N. Scottsdale Rd

<p><u>Tiny Tumblers</u> AGES 3-5 ONLY, NO EXPERIENCE NECESSARY</p>	<p>AZ Royals' Tiny Tumblers program is designed for boys and girls ages 3-5, and is directed and taught by instructors who are focused on providing a FUN experience for these young athletes. This 1 hour class will prepare them for future movement into one of our higher level tumbling classes. Your Tiny Tumbler will be taught proper stretching technique and these specific skills: Forward Roll, Backward Roll, Handstand, Handstand Forward Roll, Left and Right Side Cartwheel, Round Off Rebound, Bridge Up, Bridge Down, and gain an understanding of the Back Bend Kick Over.</p>
<p><u>Beginning Tumbling</u> AGES 6-18, NO EXPERIENCE NECESSARY</p>	<p>In AZ Royals' Beginning Tumbling Classes each tumbler will be mastering these specific skills: Forward Roll, Backward Roll, Handstand, Handstand Forward Roll, Left and Right Side Cartwheel, Round Off Rebound, Bridge Down, and Back Bend Kick</p>
<p><u>Back Handsprings Prep</u> *MUST PASS A SKILLS CHECK COMPLETING ALL BEGINNING TUMBLING SKILLS.</p>	<p>In AZ Royals' Back Handspring Prep Classes each tumbler will be mastering these specific skills: Bridge Down Kick Over, Back Walkover, Switch Leg Back Walkovers, Front Limber, Front Walkover, Valdez, Straddle Up Handstand Forward Roll, One Handed Skills, & More Specialty Walkover Tricks.</p>
<p><u>Adv. Back Handsprings</u> *MUST PASS A SKILLS CHECK COMPLETING ALL BEGINNING TUMBLING SKILLS.</p>	<p>In AZ Royals' Advance Back Handspring Classes each tumbler will be mastering these specific skills: All Beginning Skills reviewed, Standing Back Handspring, Running Round Off Back Handspring, Series of Standing Back Handsprings, Series of Running Round Off Back Handsprings.</p>
<p><u>Running Tucks</u> *MUST PASS A SKILLS CHECK COMPLETING ALL BACK HANDSPRING SKILLS.</p>	<p>In AZ Royals' Running Tuck Classes each tumbler will be mastering these specific skills: All Back Handspring Skills reviewed, Running Back Handspring Back Tuck, Running Series of Back Handsprings Back Tuck, Standing 2 or 3 Back Handsprings Tuck, Running Punch Front Absorb and Stand.</p>
<p><u>Layouts & Fulls</u> *MUST PASS A SKILLS CHECK COMPLETING ALL RUNNING TUCK SKILLS.</p>	<p>In AZ Royals' Layouts and Fulls Classes each tumbler will be mastering these specific skills: All Running Tucks Skills reviewed, Running Back Handspring Layout, and Running Back Handspring Full Twisting Layout, Running Punch Front Step Out Round-Off, & Standing Tuck</p>
<p><u>Jump Class</u> NO EXPERIENCE NECESSARY</p>	<p>AZ Royals' Jump Classes are structured for up to 10 individuals with one qualified AZ Royals instructor. This class will focus on leg flexibility, improving jump technique, proper arm placement, pointed toes, and transitioning between different jump varieties, and jump conditioning.</p>
<p><u>Stretch Class</u> NO EXPERIENCE NECESSARY</p>	<p>AZ Royals' Stretch Classes are structured for up to 6 individuals with one qualified AZ Royals instructor. This 30 minute class focuses on the proper techniques of stretching the right, left, and middle splits. This class will also focus on back and shoulder flexibility to aid in advancing tumbling skills and athlete injury prevention.</p>
<p><u>Flyers Class</u> NO EXPERIENCE NECESSARY</p>	<p>AZ Royals' Flyers class is structured for up to 9 individuals with one qualified AZ Royals instructor. This 1 hour flyer class works mainly on the stunting blocks to best teach the fundamentals of all flight skills, as well as teaching the proper stretching techniques for the required body positions. Students will master hold the following skills for 10 seconds: Right Split, Left Split, Middle Split, Liberty, Heel Stretch, Front Stretch, Bow & Arrow, Scorpion, Scale, & Arabesque.</p>
<p><u>Trampoline Class</u> NO EXPERIENCE NECESSARY</p>	<p>In AZ Royals' Trampoline classes athletes will perform trampoline drills and progressions using safe technique to develop their spatial awareness and overall athleticism. Basic maneuvers will include tuck jumps, straddle jumps and single somersaults while more advanced students will learn twisting skills and even double somersaults!</p>

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