

Hello Tumble Families!

First and foremost we are aware that tumble classes differ from the typical dance choreography instruction. Thank you again for your patience and support as we figure out the most efficient and safest ways to deliver beneficial Tumble skills. Weekly Challenges and Strength and Flexibility Videos to keep us in Perfect Tumble Condition for WEEK #6 are included below. Please know that the google calendar that was sent out last night will launch our Virtual Academy of Movement and include dance classes in every genre at every level. You are more than welcome to allow and encourage your tumblers to try any of the scheduled classes beginning April 6th to help keep them busy and moving :) There will be another set of pre recorded videos sent out next Tuesday as well. Stay tuned, stay active and stay healthy.

#### [Tumble Time Class Video](#)

- [Tumble Time Weekly Challenges](#)

#### [Tumble 1, 2, 3 and 4 Class Video](#)

- [Tumble 1 and 2 Weekly Challenges](#)
- [Tumble 3 and 4 Weekly Challenges](#)