



EMCA Tumble Classes Information – New Season 24/25

How does it work?

We have changed the structure of our tumble classes to allow more opportunity for our athletes to attend outside of their regular team training sessions. Classes will now be split into 'beginner tumble' and 'advanced tumble'. Additional tumble classes are not mandatory but are recommended for all team athletes looking to further develop their skills.

Beginner Tumble	Advanced Tumble
For those new to tumbling working on mastering foundations skills and progress through Allstar levels 1 and 2 passes. There are no entry requirements for this class, however we ask those under the age of 8 attend our 'Under 8s tumble'.	For those who are looking to progress towards tucks, layouts and twisting skills. You must have a confident back handspring in both standing and running tumbling passes.

How do I register?

Step 1 – Registration:

If you're not already a member, fill out our registration form online at www.emcanottingham.com/tumble to create your coacha account (ignore the questions about teams if you're just registering for classes) and set up your password. Once we approve your membership request, you'll be able to log on to your account on the Coacha web portal or app.

Step 2 – Booking:

Step 1 - Log in to your Coacha account and select book a class.

Step 2 - Select the class you want to book and follow the instructions.

Step 3 - Make payment. If making an individual card payment for a class you'll have one hour from the time of booking to make payment or your space will be released. If

booking from a web browser you will be taken to the payment site immediately, if using the app you will be emailed a payment request.

You can now make paying for classes simpler by buying a bundle. Purchase a bundle of 5, 10 or 20 classes and use it as your payment method when booking on. No more making a separate card payment for each class booking!

To buy a bundle, log in to your coacha account (web browser only) and go to “My Money”, select and pay for your bundle and it’s ready to use.

Pay as you go costs £7 per class or get a discount by buying 10 or 20 class bundles.

Please note that we require a minimum of 3 athletes in a class. In the event that the minimum number is not met for a session we reserve the right to remove the class from the schedule. In this event, any athlete registered for that class will be offered other suitable options or a refund.

Schedule:

Day	Time	Duration	Class	Notes
Monday	17:00	1 hour	Under 8s Tumble	Ages 3-8 years old
	18:00	1 hour	Beginner Tumble	
	19:00	1 hour	Advanced Tumble	

Tuesday	17:00	1 hour	Cheer 4 Fun	Recreational class for non Allstar athletes to learn all aspects of cheerleading without the commitment of a team
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Wednesda	16:30	1 hour	Beginner tumble	
	17:30	1 hour	Advanced Tumble	

Thursday	17:00	1 hour	Advanced Tumble	
	18:00	1 hour	Beginner Tumble	