



## TUMBLING CLASSES AT EMCA

EMCA is delighted to now be partnered with Flip City to provide our incredible tumbling program! Classes are open to both EMCA allstar team members and non-members. We follow a completely custom system for our classes that makes it easy for athletes, parents and coaches to understand the elements of successful tumbling and monitor progress.

### HOW DOES IT WORK?

We have four different levels of tumbling classes - White, Green, Black and Medals. Within each class, athletes will work to complete achievement sheets by showing mastery of different skills, drills and exercises. When an athlete completes a sheet they can move on to the next one, and once they complete all sheets in a colour they can move up to the next class

### WHAT ARE THE DIFFERENT LEVELS?

<b>WHITE</b> For those new to tumbling, working on mastering foundational skills and progressing through Allstar levels 1 and 2 passes. There are no entry requirements for this class	<b>GREEN</b> For those who have great basic skills and ability and are looking to progress through front and back handspring skills and Allstar levels 2 and 3 passes. Must have perfected walkovers and roundoffs.	<b>BLACK</b> For those with strong handsprings ready to progress to free-flipping skills and Allstar level 3 and 4 passes. Must have perfected multiple back handsprings in standing and running passes.	<b>MEDALS</b> Includes Bronze, Silver and Gold level sheets for experienced tumblers working on elite skills and Allstar level 4, 5 and 6 passes. Must have perfected standing and running passes to tucks.
---	--	---	--

### WHICH CLASS SHOULD I SIGN UP FOR?

Take a look at the entry requirements above and if you're still not sure, ask us, we'll be happy to advise. Ideally athletes should be able to check off all skills on the previous colour sheets in order to qualify for a class. We want to make sure athletes are in the right classes and so will discuss with you if we think you're in the wrong one and reserve the right to restrict registration based on our assessment.

### 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](http://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.

#### NEW!! - BUNDLES:

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.

## **COSTS**

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

**SCHEDULE** (Updated July 1st 2023 - Subject to change, see Coacha for live schedule)

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>NOTES</b>
Monday	17:00	<b>Little Flippers</b>	Ages 3-6 years, Cheer skills & tumbling.
	18:00	<b>White Tumbling</b>	
Tuesday	18:00	<b>Black Tumbling</b>	
	19:30	<b>OTT</b>	Open trak tumbling - Ages 12+ supervised but non structured practice time only on tumble tracks.
Wednesday	17:00	<b>White Tumbling</b>	
	18:00	<b>Black Tumbling</b>	
	19:00	<b>18+ Tumbling</b>	All levels class for adult athletes who want to learn/improve tumbling skills.
	20:00	<b>Medals Tumbling</b>	
Thursday	16:30	<b>Medals Tumbling</b>	
	18:30	<b>OTT</b>	Open trak tumbling - Ages 12+ supervised but non structured practice time only on tumble tracks.
	19:30	<b>Green Tumbling</b>	

*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.*

**BOOK NOW**