



EVOLUTION TRAINING CENTER in BRIDGEWATER

Specializing in cheerleading and tumble

Evolution Training Center is located right on Milltown Road!!



We are very excited to offer the Bridgewater Recreation community the opportunity to try the sport in a non-competitive way to get some fitness and fun activity to our kids and teens, or even move them to a team program. In our newly re-modeled, safe and specialized facility, students of all ages and levels learn everything from the basic skills (rolls, handstands, cartwheels) to the more advanced skills (walkovers, handsprings, layouts). Then there are advanced tumble classes for those who have already mastered back handsprings and/or round-off back handsprings. USASF certified instructors work with the children to progress as they want to progress. We strongly believe that the children are here to learn lifelong fitness, teamwork and good sportsmanship, increase skill levels in both cheerleading and tumbling, build self-esteem and confidence, and most of all, to have fun while doing something they enjoy. And that's what it's all about.

Evolution has programs for the littlest ones with Preschool Tumble (3-5) and Intro to Tumble (4-6). These are designed to be an outlet for the youngest athletes to get their start with fitness and tumble basics. We use our specialized equipment, themes, props, and music to create a progressive, exciting and stimulating environment children totally enjoy. We teach young athletes to be self-confident, do their best and mostly to Have Fun!

Our Beginner and USASF level programs continue right through to age eighteen, giving children the opportunity to train in classes that not only teach them the fundamentals of tumbling and cheerleading but also help them learn balance, flexibility, strength, coordination, focus and the all-important - teamwork. As the Bridgewater-Raritan training center for sideline and competition cheer and tumbling, children who are ready to join the Bridgewater or All-Star leagues will have the confidence and training to be the Best of the Best. Our programs will put them right where they want to be.

Special discounted pricing for Bridgewater residents enrolled through the Bridgewater Recreation program. Open-enrollment. In-person evaluation for USASF level programs. Checks payable to Evolution & sent to Bridgewater Recreation, 100 Commons Way, Bridgewater, NJ 08807.

EVOLUTION TUMBLING AND CHEERLEADING—8-classes at level (must be completed within the session)

Fall Session: September through December Winter Session: January-March Spring Session: April through June
All Programs - **\$136

| | | | |
|-----------------|------------|----------------|--------|
| Last Name | First Name | Birth Date/Age | Gender |
| Mailing Address | Town | Zip | |
| Home Phone # | Cell # | Work # | |

Email Address (required)

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. Yes, I will need to be notified regarding special considerations for my child.

Injuries may occur. Please note that the Bridgewater Recreation Department does not provide individual medical insurance coverage for its participants. Each participant will be covered under his/her family medical policy. It is recommended that participants have insurance before participation. The Recreation department reserves the right to cancel, alter, supplement, limit registration or change any other information. No refunds (of course, special medical issues considered). Non-transferable. Evolution Training Center requires the attached Medical Release to be filled out and turned in at the front desk on the first day of class. ****Special rate limited to one session per child. No makeups, no session extensions.**

| | |
|---------------------------|------|
| Parent/Guardian Signature | Date |
|---------------------------|------|

Fall 2016 – Summer 2017 - Tumble Schedule



Evolution Training Center, LLC

360 Milltown Road, Bridgewater, NJ 08807

908-450-0384 / www.TheEvolutionGym.com

Begins September 6th 2016 and Ends August 28th 2017

Closed: Labor Day September 3rd- 5th, Halloween October 31st, Thanksgiving November 23th- 27th,

Winter Break December 24th - Jan 1st, Spring Break April 10th -15th, Memorial Day May 27th- 29th, July - 4th

8/15/16

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---|---------------------------------|---|---|---|---|
| 9:00 AM | | | | | | Beginner Tumbling (8 & under) (60) USASF 1 (60) |
| 9:15 AM | | | | | | Intro to Tumble (45) |
| 10:00 AM | | | | | | Beginner Tumbling (8 & under) (60) Beginner Tumbling (9 & up) (60) |
| 11:00 AM | | | | | | USASF 1 (60) USASF 2 (60) |
| 12:00 PM | | | | | | Open Gym (90) |
| 3:30 PM | | | Pre-School (45) | | | |
| 4:00 PM | USASF 1 (60) | | | | | |
| 4:15 PM | | Intro to Tumble (45) | Pre-School (45) | Pre-School (45) | | |
| 4:30 PM | | | Open Gym (90) | | | |
| 5:00 PM | Beginner Tumbling (8 & under) (60) Beginner Tumbling (9 & up) (60) | Pre-School (45) USASF 1 (90) | | Intro to Tumble(45) | Beginner Tumbling (8 & under) (60) Beginner Tumbling (9 & up) (60) USASF 1 (60) USASF 2 (60) | |
| 5:30 PM | Boys Ninja (60) | | | | | |
| 6:00 PM | Flight School (60) | | Flight School (60) | Boys Ninja (60) USASF 1 (90) USASF 2 (90) | USASF 3 (90) Open Gym (90) | |
| 6:15 PM | Pre-School (45) | | | | | |
| 6:30 PM | | USASF 2 (90) | USASF 1 (60) USASF 2 (60) | | | |
| 7:00 PM | Beginner Tumbling (60) | | | | | |
| 7:30 PM | USASF 3 (90) USASF 4 (90) USASF 5 (90) | USASF 3 (90) USASF 4 (90) | USASF 4 (90) USASF 5 (90) ACRO (60) | Beginner Tumbling (9 & up) (60) | | |
| 8:00 PM | Boys Ninja (60) USASF 1 (60) USASF 2 (60) | USASF 1 (60) | Boys Extreme (60) | | | |

Evolution Training Center, LLC is a member of the United States All-Star Federation (USASF.NET) and follows the USASF tumbling guidelines.

Class Descriptions:

Pre-School: For ages 3-5, still surrounded by all the FUN of music and games, the emphasis shifts to basic skills and body positions -tuck, straddle, forward/backward, cartwheels, handstands- and incorporating balance, strength and coordination activities.

Intro to Tumble: For ages 4-6, some children advance very quickly through the basic skills, but are not quite age-ready for the Beginner level. This focus is on introducing more advanced skills and offers the opportunity to join our cheer and tumble exhibition team to show off their stuff!

Beginner Tumbling: Basic tumbling skills are the focus – forward & backward rolls, handstands, cartwheels, power hurdle & running 2 step round-offs.

USASF 1: Progression continues with standing back handspring and round-off back handsprings – minimum requirement is a proficient power hurdle & running 2 step round-off.

USASF 2: Progression continues with round-off back handspring back tuck and jump to standing back handspring – minimum requirement is a proficient, independent multiple back handspring pass.

USASF 3: Progression continues with combination passes to layout, x-outs, standing back handspring back tuck – minimum requirement is a proficient independent round-off back handspring back tuck.

USASF 4: Progression continues with twisting skills leading up to full and double full layouts – minimum requirement is a proficient independent round-off back handspring layout.

USASF 5: Progression continues with combination passes to full and double, standing full – minimum requirement is a proficient independent round-off back handspring full and jump to standing tuck