



A NEW WAY TO GROW!

SHOWTIME ELITE ATLANTA
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OUR UPDATED TUMBLING CLASS FORMAT

A more focused, consistent approach that helps every athlete build strong skills, gain confidence, and make measurable progress.

**STRONGER SKILLS.
MORE CONFIDENCE.
REAL PROGRESS.**

OUR 4-WEEK TUMBLING CYCLE

1

WEEK 1

FRONT TUMBLING



Building strong foundations through front tumbling skills, technique, body control, and progressions.

2

WEEK 2

RUNNING TUMBLING



Developing power, connection, and technique through running tumbling skills and progressions.

3

WEEK 3

STANDING TUMBLING



Focusing on strength, technique, and confidence in standing tumbling skills and combinations.

4

WEEK 4

REVIEW + PROGRESS



Athletes review skills while coaches assess individual progress and readiness for advancement.

WHY THE NEW FORMAT?

Each week has a clear focus.

- ★ More intentional skill development
- ★ Strong fundamentals & technique
- ★ Level-appropriate progressions
- ★ More consistent progress tracking

WHAT DOES “READY TO LEVEL UP” MEAN?

Moving up isn't about completing a skill once.

Coaches look for consistency, technique, body control, confidence, and safe independent performance.

HOW WILL I KNOW THEY'RE PROGRESSING?

During WEEK 4, coaches review athlete progress and assess readiness for advancement.

**Growth you can see.
Progress you can trust.**

AT SHOWTIME, OUR GOAL IS BIGGER THAN LEARNING THE NEXT SKILL.

WE COACH & DEVELOP THE WHOLE ATHLETE.

CONNECT ★ DEVELOP ★ MOVE ★ ENCOURAGE ★ PROGRESS



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SHOWTIME HIGH 5



Our commitment to you and your athletes is built around our 5 pillars that guide every class we teach and every experience we create.

Safe

...in their environment.



Your child's coach is attentive, engaged & follows proper progressions.

Seen

...for who they are.



Your athlete hears their name, receives feedback & knows the coach notices their effort.

Supported

...as they learn & grow.



Your athlete feels encouraged through fear, frustrations, mistakes & success.

Successful

...through meaningful progress.



Your athlete experiences at least one meaningful accomplishment during class.

Stronger

...in both skills & confidence.

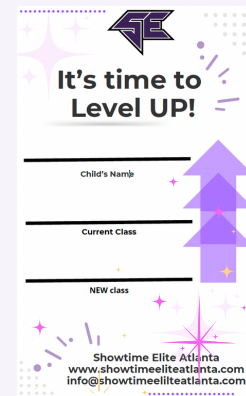


Your athlete leaves class physically, emotionally, or technically stronger than when class began

MORE COMMUNICATION



- Coach greets athletes as they take the floor.
- Coach is available either before or after class to give feedback, answer a quick question or just to wave.
- Coach can give "at home" work if requested.
- Be on the lookout for New Skills or Level UP cards!



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