



HAK Tumbling 2025/26 Tumbling Session August 25th - May 22nd

Registration fee: \$25 1st child / \$20 2nd child / \$15 3rd child / \$10 4th child

Tumbling and Cheer classes 1 hour: \$59/month Preschool Tumbling Classes: \$50/month

Time	Monday	Tuesday	Wednesday	Thursday
11:15am			Preschool I/II	Preschool I/II
12:15pm	Preschool I/II			Preschool I/II
1pm	Advanced Preschool			Advanced Preschool
2pm			Beginning I/II Tally/Chandra	
3pm			Intermediate I Tally	
			Boys Beg/Int Chandra	
			Boys Int II/Adv Elise	
4pm	Intermediate I TJ/Elise	Beginning I Tally	Intermediate II Tally	Beginning I/II Chandra
	Intermediate II TJ/Elise	Beginning II Ashlynn		Intermediate I Taejuh
		Intermediate I Taejuh	Intermediate III Chandra	Intermediate II TJ
			Advanced I Elise	
5pm	Advanced I (grade school) TJ/Elise	Intermediate II Taejuh	Advanced II Chandra	Intermediate III Taejuh/TJ
	Advanced II (grade school) TJ/Elise	Intermediate III Ashlynn	Advanced III Elise	Advanced I Grade school Taejuh/TJ
				Advanced II (grade school) Taejuh/TJ
6pm		Advanced II (grade school)		Advanced III (grade school) Taejuh/TJ
		Advanced III (grade school)		Advanced I (Junior High) Taejuh/TJ
		Advanced I (Junior High) Ben		
7pm		Elite Junior High/High School Ben		Advanced II (Junior High) Taejuh/TJ
				Advanced III (Junior High)
8pm		Elite II (Junior High/High School) Ben		Elite (Junior High) Taejuh/TJ

Sign-up at www.hakutah.com click the register button
*5% discount for multiple classes or students

HAK Tumbling Closure dates:

Sept 1st - Labor Day.
Oct 16th - Fall Break
Nov 27th & 28th - Thanksgiving Break
Dec 22nd-Jan 2nd - Christmas Break
Jan 19th - MLK Day
Feb 16th - Presidents Day
March 30th-April 3rd - Spring Break

Tuition & Scheduled Closures

Our tuition rates are thoughtfully calculated to reflect the full season, including planned closures for holidays and breaks. For your convenience, we divide that total into equal monthly payments.

Because closures are already factored into the annual tuition, we do not offer credits or adjustments for missed classes during those times.

We appreciate your understanding and are always happy to clarify the calendar or help you plan around scheduled breaks!

Missed Classes & Make-Up Policy

We understand that life happens—whether it's an illness, a family trip, or an unexpected conflict—and we're happy to offer **make-up classes** when possible. While most tumbling gyms don't offer this option, it's a service we're proud to provide to support our families.

To help us maintain safe and effective class sizes, we kindly ask that all make-up class requests be **submitted via email or through our website at least one week in advance**. Please do not drop in without prior confirmation, as we want to ensure we have the right coach-to-student ratio for a quality experience.

Each child is eligible for up to **three make-up classes between September and May**. Please note that we're unable to offer make-ups for scheduled holidays or planned closures.

Thank you for helping us keep classes safe, fun, and well-supported for everyone!

Withdrawal Policy – Withdrawing from Classes

We require a **30-day notice** if you plan to withdraw from a class. Once we receive your request, your cancellation will take effect **30 days from that date**.

This notice period helps us make thoughtful transitions—adjusting class rosters, communicating with teachers, and welcoming in children from our waitlists. Because of this, we're not able to make exceptions to the 30-day policy.

Thank you for your understanding and support as we work to create the best possible experience for all families.

Beginning I

Prerequisites: None required

New Skills: Handstand, cartwheel, forward roll, bridge.

Beginning II

Prerequisites: Handstand, cartwheel, forward roll, bridge.

New Skills: Round off, backbend w/spot, kickover on wedge, handstand forward roll.

Intermediate I

Prerequisites: Round off, backbend w/spot, kickover on wedge, handstand forward roll.

New Skills: Backbend no spot, kickover on low mat, handstand forward roll, back extension roll, handstand land in bridge. Introduction to back handspring and back handspring drills.

Intermediate II

Prerequisites: Backbend no spot, kickover on low mat, handstand forward roll, back extension roll, handstand land in bridge.

New Skills: Front Limber, backbend kickover, introduction to back handspring and back handspring drills, round off progressions.

Advanced I

Prerequisites: Front Limber, backbend kickover, introduction to back handspring and back handspring drills, round off progressions.

New Skills: Back handspring without a spot on multiple surfaces, round-off back handspring, front walkover, back walkover.

Advanced II

Prerequisites: Back handspring without a spot on multiple surfaces. Round-off back handspring, front walkover, back walkover.

New Skills: Round-off back handspring progressions, standing back handspring progressions, round off tuck, round off back handspring tuck, introduction to standing tuck, whip.

Advanced III

Prerequisites: Round-off back handspring progressions, standing back handspring progressions, round off tuck, round off back handspring tuck, introduction to standing tuck, whip.

New Skills: Standing tuck with no spot, round-off back handspring layouts, round-off backhandspring pikes, introduction to full.

Elite I

Prerequisites: Standing tuck with no spot, round-off back handspring layouts, round-off back handspring pikes, introduction to full.

New Skills: Full on tramp, spring floor and dead mat.

Elite II

Prerequisites: Full on tramp, spring floor and dead mat.

New Skills: Double back handspring full, Arabian, standing full, etc.

Tuck Class

Prerequisites: Must be in Advanced II tumbling level classes or higher to register for this class

This class offers an intensive approach to helping students learn and master their standing tuck. This class focuses on a dynamic warm up and then spends the bulk of the class working on drills that will help students learn and master this advanced skill. This class also focuses on helping students identify blocks to mastering this skill and finding drills to help them work through them.

Common Questions We Get for Girls Preparing for Junior High and High School Cheer

We have an amazing team of talented coaches that help girls prepare for cheer tryouts each year. Building the skills to make the Weber High Cheer team and many of the junior high cheer teams takes time, patience, and lots and lots of practice. We have a lot of experience helping girls prepare for junior high and high school cheer. Here are some of the questions we often get and the recommendations we make based on our years of experience.

Q: Do you assess students and provide recommendations to help them meet their goals?

A: Absolutely! We are happy to schedule an assessment with your student. These assessments can help us design a more customized plan for how to help your student succeed. Assessments are great for students that have hit a wall and don't know why they are not continuing to progress. We can help students identify what skills they need to work on at home to improve tumbling and evaluate if they need to go back and brush up on some basic tumbling skills such as round offs or back handsprings. Sometimes students will have a technique issue with a back handspring or round off that makes later skills more difficult to master. Assessments help us evaluate your student's specific skills and then help make a customized plan to help them achieve their goals!

Q: My daughter does not have her standing tuck. She has one year to prepare for cheer tryouts. What do you recommend she do to master the skill and how long does it take to master a standing tuck?

A: If your daughter DOES NOT currently have her standing tuck and is wanting to prepare for Weber High Cheer tryouts in 2025 please understand it takes most girls a significant amount of time to learn this skill and be able to throw it consistently and effectively. Our recommendations for girls that have less than a year to learn their standing tuck is a minimum of two classes a week and one private lesson or three classes a week.

Q: My daughter is in 7th grade and has two to three years to prepare for high school cheer. How many classes would you recommend she take a week?

A: It depends on their current skill level. Skills like tucks and fulls take a serious time commitment to master. If your 7th grader is still trying to learn those skills we recommend two classes a week to foster growth and develop a solid tumbling foundation. If your child already has a tuck and full and does not necessarily want to add new skills – then one class a week is usually sufficient to keep the skill.

Q: My daughter wants to learn her full. How long does it take?

A: It can take girls one to three years to learn their fulls. It is one of the more difficult tumbling skills to master. Two classes a week are very important when working on an advanced skill like a full or one class a week and one private a week. Sometimes privates can be very beneficial when a student is struggling to learn a new skill as it allows the coach to focus on just that student and offer customized instruction.

Common Questions We Get for HAK Private Coaching Services

Q: When do you recommend privates for students?

A: There are a number of times that private coaching lessons can be very valuable for students, such as:

If a student has a gap in their skill level (such as a student that can do advanced skills but has some technique that they need to fix in order to continue to progress) this is often best addressed with a short series of private lessons. It can be difficult in an advanced class to fix a problem that only one student has with technique and sometimes a problem with a certain aspect of tumbling can make it difficult for that student to continue progressing.

A student has a very limited schedule and is not able to attend our classes. Private coaching can be great for students with busy schedules and a great way to select a time that works for that student.

A student is struggling to learn a skill and needs some one-on-one coaching that is customized to their particular style of learning.

Q: How do I sign my student up for privates at HAK Tumbling?

A: We have several AMAZING coaches that offer privates at HAK Tumbling. If you have a specific coach in mind you can request their phone number from us or ask them for it. Sometimes if coaches are full for privates it may take them some time to respond to requests or they may not be able to take on additional students. Each coach sets their own rates. Currently the rates for 30 minute privates range from \$30-\$45/30 minutes and 1 hour privates range from \$50-\$75. There is an additional building rental fee that parents pay to HAK for building time. This rate is \$5/current students that are enrolled in at least one class a week. \$10/students that do not take classes at HAK. This fee is due per student that is enrolled in a private (even if a private lesson is being shared each individual pays the building rental fee) and this is an addition to the private coaching fee paid to the coaches.

If you want to schedule a private for your student, reach out to Chandra at (801)391-6446 and she can connect you with coaches that are available for privates that would match well with your students needs and skills.