



HAK Tumbling

2026/27 Fall Tumbling Session

Classes Start August 31, 2026

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

Preschool Classes are 45 min and \$55/month

Tumbling Classes are 55 min with a 5 min transition period and \$60/month

1 hr 15 min tumbling classes (Tues/Thurs evenings 6pm and 7:15pm) are \$75

5% Discount for multiple sibling

10% Discount for Individual Students in Multiple Classes

30 DAY WRITTEN WITHDRAWAL REQUIRED

Time	Monday	Tuesday	Wednesday	Thursday
11:45am	Tiny Tots (30 min class) <i>Kiley/Tally</i>			Tiny Tots (30 min class) <i>Kiley/Tally</i>
12:15pm	Preschool I/II <i>Kiley/Tally</i>			Preschool I/II <i>Chandra/Tally</i>
1pm	Advanced Preschool <i>Kiley/Tally</i>			Advanced Preschool <i>Tally</i> Boys Preschool <i>Chandra/Kiley</i>
2pm			Beginning I/II <i>Tally/Chandra</i>	
3pm			Int I <i>Tally</i> Intermediate II/Int III <i>Chandra/Elise</i>	
4pm	Intermediate I/II <i>TJ/Elise</i>	Beginning I <i>Tally</i>	Boys Beg/Int I Boys Int II/Adv <i>TJ/Kate B/Elise</i>	Intermediate I <i>Ashlynn</i>
		Dance Tumbling Advanced (must have round off backhandspring for Adv) <i>Kate B.</i>		Intermediate II <i>TJ</i>
		Intermediate III <i>Jada</i>		
5pm	Adv II/Advanced II <i>TJ/Elise</i>	Dance Tumbling Intermediate (must have backhandspring w/spot, backbend no spot, be able to kick over with no mat) <i>Kate</i>	Dance Tumbling Intermediate (must have backhandspring w/spot, backbend no spot, be able to kick over with no mat) Advanced (must have round off backhandspring for Adv) <i>Kate B. / Elise</i>	Int III <i>Ashlynn</i>
		Adv I <i>Jada</i>		Adv I <i>TJ</i>
6-7:15pm		Advanced II/Adv III <i>Kate B /Jada</i>		Adv II/Adv III <i>TJ/Ashlynn</i>
7:15-8:30pm		Elite <i>Kate B.</i> <i>Jada</i>		Elite <i>TJ</i> <i>Ashlynn</i>

Sign-up at www.hakutah.com click the register button

NOTE ON COACHES: This is our tentative coaching line up. Please note sometimes our coaching line-ups change depending on a coach's availability changing. We are very excited for our coaching line-up this year! We have an incredible and talented team!

HAK Tumbling Closure dates:

Sept 7th - Labor Day.
Oct 15th & 16th - Fall Break
Nov 26th-28th - Thanksgiving Break
Dec 21st-Jan 1st - Christmas Break
Jan 18th - MLK Day
Feb 16th - Presidents Day
March 29th-April 2nd - Spring Break
May 27th - Last day of Tumbling

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, spotted back bend, kickover off high mat.

Intermediate I

Prerequisites: Handstand, cartwheel, forward roll, bridge, spotted back bend, kickover off high mat.

New Skills: Backbend no spot, kickover on low mat, handstand forward 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, handstand land in bridge.

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

Int III

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

New Skills: Back handspring no spot, round off back handspring w/spot, round off skill development, back extension roll.

Advanced I

Prerequisites: Back handspring no spot, round off back handspring w/spot, round off skill development, back extension roll.

New Skills: Round off back handspring no spot with progressions to round off threes, intro to round off tuck.

Advanced II

Prerequisites: Round off back handspring no spot with progressions to round off threes, intro to round off tuck.

New Skills: Round off tuck, round off backhandspring tuck, intro to layout, standing tuck intro

Advanced III

Prerequisites: Round off tuck, round off backhandspring tuck, intro to layout, standing tuck intro

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

Elite

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

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

Dance Tumbling Intermediate

In this class girls work on back handsprings, aerials, back walkovers and front walkovers. Students must be ready for our Intermediate III classes to join this class as a solid foundation in tumbling is necessary.

Dance Tumbling Advanced

In this class students will work on front and side aerials, perfecting front and back walkovers, standing tucks and more advanced dance tumbling skills like layout step outs. The warm up for this class includes round off backhandsprings in series of two or more so girls must be Advanced II tumblers and up to fit in this class. It moves at a very fast pace with a very intense warm up.

About Our Coaches

Our tumbling program is led by a talented team of well-trained, experienced coaches who understand the commitment, discipline, and technical precision required to become a strong athlete. Every member of our coaching team brings a background in competitive athletics, along with the knowledge and experience needed to teach skills safely, thoughtfully, and effectively.

Coach TJ

TJ is the Director of the High Altitude Kids Tumbling Program and has coached with us for more than two years. He is an elite-level coach and a former member of Weber State University's nationally renowned championship cheerleading program. TJ combines his high-level competitive experience with a strong understanding of tumbling progressions, technique, and athlete development. He is skilled at helping athletes build confidence, correct difficult habits, and safely progress toward more advanced skills.

Coach Jada

Jada is a returning High Altitude Kids coach who previously coached with us for two years. She was a highly accomplished cheerleader at Weber State University and also represented the United States as a member of the National USA Cheer Team. Having trained and competed at an elite collegiate and international level, Jada brings exceptional technical knowledge, energy, and experience to athletes of every level—from beginners building strong foundations to advanced tumblers working toward elite skills.

Coach Ashlynn

Ashlynn grew up in the High Altitude Kids program and trained as both a competitive gymnast and Weber High School cheerleader. An elite-level tumbler, she brings strong technical knowledge and firsthand experience with advanced skills. Ashlynn is known for her patient, gentle approach, along with the strength, work ethic, and determination to coach athletes at every level.

Coach Elise

Elise trained extensively as a power tumbler and mastered an impressive range of advanced skills, passes, tricks, and combinations. She brings creativity, strong technical knowledge, and a direct, no-nonsense coaching style. Elise is especially skilled at helping athletes build exciting combinations and progress as far as they are willing to work.

Coach Kate B.

Kate grew up in the High Altitude Kids program and trained in dance, cheer, and tumbling. She competed on a national championship dance team before transitioning to cheer at age fourteen and competing throughout high school. Kate specializes in tumbling for dancers and brings a strong understanding of technique, timing, body lines, and presentation.

Coach Tally

Tally manages billing for our tumbling program, so families will often communicate with her regarding registration, accounts, and other office needs.

She also excels at coaching our beginning and preschool tumblers. Her warmth, patience, and encouraging personality help young athletes feel safe, confident, and excited to learn, making her especially loved by many of our youngest tumblers.

Coach Chandra

As the owner of HAK Tumbling, Coach Chandra is deeply committed to excellence in tumbling instruction. She values strong technique, precision, repetition, and proper execution. Her coaching style combines clear expectations and firm instruction with kindness, encouragement, and plenty of celebration when athletes succeed.

Coach Kiley

Coach Kiley also teaches in our preschool program and brings a fun background in tumbling to the HAK coaching team. She trained throughout the past year with Coach Chandra and has become a wonderful addition to our preschool tumbling program. Her familiarity with young children, combined with her enthusiasm and developing coaching skills, helps create a positive and engaging experience for our youngest tumblers.

A Note About Tumbling Progress

We are so excited to welcome our athletes back for another season of tumbling at High Altitude Kids!

Tumbling is a sport that requires strength, flexibility, repetition, confidence, and precise technique. As athletes begin working toward more advanced skills, progress naturally becomes slower and more challenging. Skills such as back handsprings, aerials, layouts, and advanced tumbling passes often require hundreds of correct repetitions before they become strong, safe, and consistent.

Our weekly group classes provide the foundation athletes need to grow. They build strength, reinforce proper technique, develop confidence, and give athletes the opportunity to practice in a positive and motivating environment.

However, especially as athletes move into intermediate and advanced tumbling, it can be difficult to make steady progress when they are practicing only once each week. Seven days between classes is a long time in a sport that depends so heavily on repetition and muscle memory.

For athletes who are serious about progressing, we strongly encourage attending class twice each week whenever possible. Two weekly classes provide more consistent repetition, allow coaches to reinforce corrections sooner, and help athletes build strength and confidence without losing as much momentum between practices.

Families who enroll an athlete in two weekly tumbling classes will receive a 10% discount on their tumbling tuition.

Athletes will also sometimes become stuck on one particular skill, correction, or fear that is difficult to fully address during a group class, where coaches must divide their attention among several students. This is a normal part of learning tumbling and does not mean an athlete is failing or falling behind.

For these moments, we offer packages of four private lessons. Private instruction allows a coach to focus completely on one athlete's individual needs. Privates can be especially helpful for:

- correcting a specific technical issue
- working through fear or hesitation
- strengthening a weak area
- preparing for a new or more difficult skill
- helping an athlete move through a plateau

Private lessons are designed to complement, not replace, group classes. Group classes provide the consistent training and repetition athletes need, while private lessons provide focused attention when a particular challenge needs more individualized coaching.

Every athlete progresses at a different pace, and not every child will need the same amount of training. Our goal is to help families understand the options available so they can choose the level of support that best fits their athlete's goals.

We are proud of every athlete's journey and remain committed to helping each tumbler grow safely, confidently, and with excellent technique.

—The High Altitude Kids Tumbling