

2026 Summer - TORQ T&T Rec
Session Starts Jun 1 - Ends Aug 15 - 10 Week Session
TORQ CLOSED - June 22-26

<p>Mini Tumblers - Ages 3-4 <u>Mondays or Wednesdays</u> 2:00 - 2:30 pm 3:00 - 3:30 pm 4:00 - 4:30 pm 5:00 - 5:30 pm</p>	<p>Skills Learned: Hand-Eye Coordination, Strength, Flexibility, Balance, etc.</p> <p>Tumbling - front/back rolls, backbend, handstand, cartwheel, etc.</p> <p>Trampoline - position jumps, seat drop, etc.</p>	<p>Tuition - 30 min class <u>June & July</u> \$55 1x a week \$104.50 2x a week <u>August</u> \$27.50 1x a week \$52.25 2x a week</p>
<p>Level 1 T&T - Ages 5+ <u>Mondays or Wednesdays</u> 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm</p>	<p>Skills Learned: Tumbling - Front/Back Rolls, Handstands, Cartwheels, etc.</p> <p>Trampoline - Position Jumps, Seat Drop, Doggie Drop, etc.</p>	<p>Tuition - 1 hr class <u>June & July</u> \$100 1x a week \$190 2x a week <u>August</u> \$50 1x a week \$90 2x a week</p>
<p>Level 1.5 T&T - Ages 5+ <u>Mondays or Wednesdays</u> 2:00 - 3:00 pm 3:00 - 4:00 pm</p> <p>*must have Level 1 skills to enroll</p>	<p>Skills Learned: Tumbling - Standing Round Off, Handstand Roll, Handstand Backbend, Backbend Kickover, etc.</p> <p>Trampoline - Doggie Front Roll, Belly Drop, Back Drop, etc.</p>	<p>Tuition - 1 hr class <u>June & July</u> \$100 1x a week \$190 2x a week <u>August</u> \$50 1x a week \$90 2x a week</p>
<p>Level 2 T&T - Ages 5+ <u>Mondays or Wednesdays</u> 2:00 - 3:00 pm 4:00 - 5:00 pm 5:00 - 6:00 pm</p> <p>*must have Level 1.5 skills to enroll</p>	<p>Skills Learned: Tumbling - Power Hurdle/Run Round Off, Front/Back Limber, Front/Back Walkover, etc.</p> <p>Trampoline - Swivel Hips, Doggie Front Tuck, Front Tuck, Kick outs to Flat Back, Routines, etc.</p>	<p>Tuition - 1 hr class <u>June & July</u> \$100 1x a week \$190 2x a week <u>August</u> \$50 1x a week \$90 2x a week</p>
<p>Level 3 T&T Ages 5+ <u>Monday or Wednesdays</u> 3:00 - 4:00 pm 4:00 - 5:00 pm 5:00 - 6:00 pm</p> <p>*must have Level 2 skills to enroll</p>	<p>Skills Learned: Tumbling - Standing Back Handspring, Round Off Back Handspring, etc.</p> <p>Trampoline - Front Tuck/Pike, Back Drop Pull Over, Routines, etc.</p>	<p>Tuition - 1 hr class <u>June & July</u> \$100 1x a week \$190 2x a week <u>August</u> \$50 1x a week \$90 2x a week</p>
<p>Level 4 and up T&T - Ages 5+ <u>Mondays or Wednesdays</u> 5:00 - 6:00 pm</p> <p>*must have Level 3 skills to enroll</p>	<p>Skills Learned: Tumbling - Backhandspring Series, Whip, Back Tuck/Pike/Straight, Back Full, etc.</p> <p>Trampoline - Back Tuck/Pike/Straight, Back Full, Barani, Rudi, Routines, etc.</p>	<p>Tuition - 1 hr class <u>June & July</u> \$100 1x a week \$190 2x a week <u>August</u> \$50 1x a week \$90 2x a week</p>

2026 Summer - TORQ T&T Dance
Starts Jun 1 - Ends Aug 15 - 10 Week Session
TORQ CLOSED - June 22-26

<p>Dance Ages - 4-7 <u>Mondays & Wednesdays</u> 6:00 - 7:00 pm</p>	<p>This fun and energetic program exposes dancers to jazz, ballet, lyrical, and basic tumbling skills. Dancers develop flexibility, technique, creativity, and the joy of dancing.</p>	<p>Tuition <u>June & July</u> \$150 2x a week <u>August</u> \$75 2x a week</p>
<p>Dance Ages - 8 and up <u>Mondays & Wednesdays</u> 7:00-8:30 pm</p>	<p>This fun and energetic program exposes dancers to jazz, ballet, lyrical, and basic tumbling skills. Dancers develop flexibility, technique, creativity, and the joy of dancing.</p>	<p>Tuition <u>June & July</u> \$175 2x a week <u>August</u> \$87.50 2x a week</p>

2026-2027 Season - TORQ T&T Team
Starts Jun 1 - Ends May 28

<p>CREAM TEAM Levels 1-3 Pre-Team</p>	<p>Summer: June 1- Aug 15 Tuesdays/Thursdays 12:30p - 2p School Year: August 24 - May 28 Tuesdays/Thursdays 4p - 5:30p</p>	<p>Tuition \$170 a month 3 hrs a week</p>
<p>YELLOW TEAM Levels 3-6 Competition Team</p>	<p>Summer: June 1- Aug 15 Tuesdays/Thursdays 11a -1p School Year: August 24 - May 28 Tuesdays/Thursdays 5p - 7p</p>	<p>Tuition \$210 a month 4 hrs a week</p>
<p>ORANGE TEAM Levels 7+ Competition Team</p>	<p>Summer: June 1- Aug 15 Tuesdays/Thursdays/Fridays 9a - 11:30a School Year: August 24 - May 28 Tuesdays/Thursdays 6:30p - 9p Fridays 4p - 6:30p</p>	<p>Tuition \$270 a month 7.5 hrs a week</p>

Team Tryouts are May 9

Athletes will be placed on the team that suits their skill level best.

TORQ Class Descriptions - Rec

Mini Tumblers

In Mini Tumblers, your child will build a strong foundation of both physical and developmental skills in a fun and supportive environment!

Core Skills: Hand-eye coordination, strength, flexibility, balance, body control, and spatial awareness

Tumbling Skills: Front and back rolls, backbends, handstands, cartwheels, and more as they progress

Trampoline Skills: Position jumps (tuck, pike, straddle), seat drops, and basic control and safety skills

Our focus is on helping each athlete grow at their own pace while building confidence, coordination, and a love for movement!

Level 1 T&T

In Level 1, athletes begin building strong fundamentals while gaining confidence in their movement and skills. This class focuses on proper technique, body control, and having fun while learning!

Tumbling Skills: Front and back rolls, handstands, cartwheels, and other beginner progressions

Trampoline Skills: Position jumps (tuck, pike, straddle), seat drops, doggie drops, and basic control and safety skills

Athletes will continue to develop strength, coordination, and body awareness as they work toward more advanced skills—all in a fun and encouraging environment!

Level 1.5 T&T

***must have Level 1 skills to enroll**

Athletes in Level 1.5 begin connecting skills and building strength for more advanced movements. Focus is on control, technique, and confidence!

Tumbling Skills: Standing round-offs, handstand rolls, handstand backbends, backbend kickovers, and more

Trampoline Skills: Doggie front rolls, belly drops, back drops, and continued control and body awareness.

Level 2 T&T

***must have Level 1.5 skills to enroll**

Level 2 athletes develop power, flexibility, and skill connections as they progress into intermediate tumbling and trampoline skills.

Tumbling Skills: Power hurdle/run round-offs, front and back limbers, front and back walkovers, and more

Trampoline Skills: Swivel hips, doggie front tucks, front tucks, kick-outs to flat back, and beginner routines.

Level 3 T&T

***must have Level 2 skills to enroll**

In Level 3, athletes begin working on more advanced tumbling with a focus on strength, technique, and consistency.

Tumbling Skills: Standing back handsprings, round-off back handsprings, and skill combinations

Trampoline Skills: Front tuck/pike, back drop pullovers, and continued routine development

Level 4 & Up T&T

***must have Level 3 skills to enroll**

Advanced athletes refine power, technique, and connections while working toward high-level tumbling and trampoline skills.

Tumbling Skills: Back handspring series, whips, back tucks (tuck/pike/straight), back fulls, and beyond

Trampoline Skills: Back flips (tuck/pike/straight), back fulls, baranis, rudis, and advanced routines
