



Beginning this fall!

SUNDAYS -1:00-2:30 PM

AT DESERT GYMCATS

950 S. Cimarron Rd. Las Vegas, NV 89145

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SPORTS ACROBATICS

Sports Acrobatics is a sport involving a combination of dance, tumbling and acrobatic skills.

There are five disciplines within the sports acrobatics program:

- 1. Women's pairs***
- 2. Mixed pairs***
- 3. Women's trio***
- 4. Men's pairs***
- 5. Men's four person***



Each pair or group performs routines featuring gymnastics and tumbling skills, partner balance skills and tempo skills.

Balance skills highlight the athletes' strength and flexibility through pyramids and positions. Tempo skills involve somersaulting and twisting with landings on the floor or partner catches. This sport is for athletes of varying heights, weights and body types. Smaller and more flexible athletes are needed for the top or "flyer" positions, while taller and stronger athletes are ideal for base positions.

If this looks like a program you would like to try:

Call 702-798-FLIP (3547) to make an appointment to try it!!

As always, First class is FREE!!