

CDT

COMPLETE DANCE TRAINING

TUMBLING

This class combines acrobatics and tumbling skills. Students learn the correct and safe way to execute their favourite skills ranging from cartwheels and handstands to walkovers, aerial skills and flips. CDT cater for a range of skill levels so students will be assessed and placed into their best suited level to help improve their skills. Tumbling students will take part in an end of year showcase in Term 4.

What to Wear:

Tight clothing only in tumbling - loose clothing is a hazard. No shoes.

