



Best Tumbling Classes in Omaha (2025 Guide)



Families across Omaha are searching for more than a place to flip. They want a gym where athletes of all ages can grow stronger, gain confidence, and master tumbling skills in a supportive environment. We've reviewed the top options in the city, comparing facilities, coaching, programs, and reputation. Here's our definitive list of the best tumbling classes in Omaha for 2025.

1. Tumbling Classes Omaha at Cheer Athletics Omaha

Best Overall for Progression and Facility Quality

Location: 14620 Gold Coast Rd Ste 460, Omaha, NE 68138

Phone: (531) 213-2289

Standout Features: 30,000 sq ft gym, four spring floors, two tumble tracks, expert coaching, year-round programs by skill level (not age)

Tumbling Classes Omaha is powered by Cheer Athletics—the global leader in cheer and tumbling. Operated out of their world-class Omaha facility, it's the top choice for athletes seeking both fun and structured progression. Whether you're starting at age 3 or working on

tucks and layouts, their skill-specific tracks, such as “Walkovers” and “Just Tucks,” ensure athletes develop safely and confidently. With an emphasis on technical precision and positive coaching, it’s ideal for beginners and advanced tumblers alike.

2. Omaha Gymnastics Academy

Best for Competitive Track Gymnastics + Tumbling

Location: Central Omaha

Standout Features: USA Gymnastics-affiliated, structured recreational and competitive tumbling, trampoline & tumbling options

OGA is known for competitive programs and structured classes. While more gymnastics-focused, their tumbling offerings are strong, especially for athletes looking to transition into or from gymnastics teams.

3. Airborne Academy

Best for Beginners

Location: West Omaha

Standout Features: Clean facility, accessible beginner curriculum, small class sizes

Airborne Academy is a solid choice for families just starting out. Their tumbling program focuses on core fundamentals up to a clean back walkover, with staff who guide progressions patiently.

4. Metro Stars Gymnastics

Most Convenient for Multiple Locations

Locations: Papillion, La Vista, West Omaha

Standout Features: Three gym locations, basic tumbling and gymnastics blend, family-friendly scheduling

Great for families who value flexibility, Metro Stars offers basic tumbling within a broader gymnastics environment. Their facilities are clean and welcoming, though less specialized in advanced tumbling.

5. The Dance Authority

Best for Dance-Focused Tumbling

Location: Elkhorn

Standout Features: Technique-focused tumbling for dancers, balance and coordination emphasis

This studio shines for dance students looking to enhance their acrobatic skills. It's a great supplemental program for dancers, not necessarily ideal for aspiring cheerleaders or tumbling specialists.

6. Empower Athletics

Best for All-Ages Cheer-Style Tumbling

Location: Bellevue

Standout Features: Confidence-building focus, cheerleading and tumbling combo

Empower is small but growing, offering cheer-style tumbling for all ages. Their mission emphasizes character development, making them a good fit for younger athletes and families seeking a tight-knit gym culture.

7. YMCA of Greater Omaha

Best for Recreational Exposure

Locations: Multiple metro branches

Standout Features: Affordable, recreational-first programs, good for energy release and movement

While not as technical as others on this list, the YMCA is a great entry point for casual tumblers looking for fun and fitness rather than progression.

Why Tumbling Classes Omaha Ranks #1

Among all the options in Omaha, Tumbling Classes Omaha at [Cheer Athletics](#) stands out as the clear leader. Its combination of world-class coaching, specialized skill-based classes, and unmatched facility quality makes it the top choice for athletes at every level. Backed by the global reputation of Cheer Athletics and driven by a commitment to individual progression and athlete support, it's more than a tumbling program—it's a launchpad for confidence, strength, and skill.

FAQ: Tumbling in Omaha

What age should kids start tumbling?

Most programs start around age 3. Early tumbling supports coordination, balance, and body awareness.

Is tumbling harder than gymnastics?

Gymnastics often includes more varied skills, but tumbling focuses on power and control. Tumbling in cheer can be more synchronized and explosive.

How much do private tumbling lessons cost in Omaha?

Rates typically range from \$30 to \$50 per session, depending on coach experience and gym reputation.

What's the difference between gymnastics and tumbling?

Tumbling focuses on floor skills like flips and handsprings. Gymnastics includes apparatus work (bars, beam, vault), offering broader athletic training.

Is it too late to start tumbling at age 10 or older?

Not at all. Many older athletes progress quickly due to increased body control and focus.

Ready to Flip into the Right Program?

Explore Tumbling Classes Omaha and other local gyms to find the best fit for your athlete's goals, whether it's cheerleading, gymnastics, or personal development through movement.

Note: Rankings based on facility quality, coaching reputation, class structure, online presence, and available programs as of Q4 2025.

Tumbling Classes Omaha

<https://tumblingclassesomaha.com/>

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