

# TUMBLING & GYMNASTICS

## Tumbling & Gymnastics

The classes will provide a solid foundation for more difficult skills to be learned as students gain strength and coordination and confidence. Kids train handstands, rolling, bridge skills and, of course, cartwheels! Students will advance from tumbling into gymnastics learning fundamental skills to improve on while still having fun and improving flexibility & technique.

**Dates: Session I: September 12 – October 31 (8 weeks)**

**Time: 4:00 p.m. – 4:45 p.m. (Tumbling) 221251-01**  
**4:45 p.m. – 5:30 p.m. (School Age) 211250-01**  
**5:30 p.m. – 6:15 p.m. (Tumbling) 221251-02**  
**6:15 p.m. – 7:00 p.m. (School Age) 221251-03**

**Dates: Session II: November 7- December 19 (7 weeks)**

**Time: 4:00 p.m. – 4:45 p.m. (Tumbling) 321351-01**  
**4:45 p.m. – 5:30 p.m. (School Age) 311350-01**  
**5:30 p.m. – 6:15 p.m. (Tumbling) 321351-02**  
**6:15 p.m. – 7:00 p.m. (School Age) 321351-03**

**Days: Monday**

**Location: Krueger Park Gym North**

**Min/Max: 6/12**

**Fee: \$86 Resident \$91 Non-Resident (Session I)**

**\$76 Resident \$81 Non-Resident (Session II)**

**Ages: Tumbling (3-5 years)**

**School Ages (6-12 years)**

**NOTE:** All Fall Gymnastic classes are held on **Mondays** at the **Krueger Park Recreation Center**, 9100 S. 88th Ave. Gymnastics participants must be of age before the first class date. It is suggested that if you plan on attending both sessions that you register for the both sessions at one time to avoid losing your spot.

**ATTIRE:** Long hair should be secured back. Students should wear comfortable, stretchable clothing and gym shoes. No blue jeans, no jean shorts, and no skirts.