

Fall 2022 Tumbling and Trampoline

TUMBLETOTS (PARENT & TOTS)

Tumbling, motor skills & development activities are for tots ages 1-3 years old and a parent.

Mon 5:30 - 6:15 pm

Wed 6:00 - 6:45 pm

PRESCHOOL TUMBLING & TRAMPOLINE

Basic tumbling and tramp skills for children 3-5 years old. 4:1 student/instructor ratio max.

Mon 6:15 - 7:00 pm

Tue 6:00 - 6:45 pm

Wed 5:15 - 6:00 pm

Thurs 4:00 - 4:45 pm

BEGINNER

Introductory class emphasizes front & back rolls, cartwheels. Ages 5 & up.

Mon 4:00 - 4:45 pm

Mon 5:30 - 6:15 pm

Tue 4:30 - 5:15 pm

Wed 4:30 - 5:15 pm

Wed 6:15 - 7:00 pm

ADVANCED BEGINNER

Must be able to do round-off & back roll. Learn basic tumbling plus limbering skills, backbends, etc.

Mon 4:00 - 4:45 pm

Mon 5:30 - 6:15 pm

Tue 5:15 - 6:00 pm

Tue 4:30 - 5:15 pm

Wed 4:30 - 5:15 pm

NOVICE

Must be able to do round-off & handstand. Learn front & back handsprings & intro to aerial skills.

Mon 4:45 - 5:30 pm

Mon 6:15 - 7:00 pm

Tue 3:45 - 4:30 pm

Tue 5:15 - 6:00 pm

Thurs 4:45 - 5:30 pm

INTERMEDIATE/ADVANCED

Must be able to do 5 back handsprings. Learn basic aerials plus bounders and twisting.

Mon 4:45 - 5:30 pm

Tue 3:45 - 4:30 pm

Tue 5:15 - 6:00 pm

Tue 6:00 - 6:45 pm

Thurs 4:45 - 5:30 pm

POWER CLASS

Novice-Intermediate-Advanced. 90 minute class gives more time to focus on technique, skills & routines for competition. Must be able to do back handsprings.

Mon 7:00 - 8:30 pm

Y Member: \$55

Community: \$85

2nd Child: \$40

2nd Child: \$58

GENERAL INFORMATION

- Learn from experienced, certified, caring instructors in our tumbling & trampoline complex!
- Our facility features 2 in-ground trampolines, a foam training pit, competition rod floor, 50' tumbling track & a double mini-tramp.
- Our classes help youth develop strength, flexibility, balance, coordination & self confidence in a safe, supervised environment.
- Payment is due upon registration
- Credit is not given for missed classes, but absences may be made up
- Equipment will be sanitized regularly
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructors.

JOIN THE TUMBLING TORNADOS AGES 3-18 WELCOME!

Tumbling Tornos is great for extra practice and competition! You decide which meets to attend. Fundraisers throughout the year help with fees and financials assistance is available.

**Informational Meeting
Thursday, September 22nd at 6pm**

Fees: 45 MINUTE CLASSES

Y Member: 1st Child \$38 2nd Child \$29

Community: 1st Child \$71 2nd Child \$46

Questions? Contact Carlye Beadles,
Tumbling Director at 647-1616 or
cantonymca.tumbling@gmail.com