

SUMMER 2023

TUMBLING & TRAMPOLINE

SCHOOL AGE CLASSES

BEGINNER

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

Mon 11-11:45 am

Tues 9:45-10:30 am

Mon 5-5:45 pm

ADVANCED BEGINNER

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

Mon 9 - 9:45 am

Tues 9:45 - 10:30 am

Mon 5:45-6:30 pm

NOVICE

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

Mon 10 -10:45 am

Tues 9-9:45 am

Mon 6:30-7:15 pm

INTERMEDIATE

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

Mon 6:30-7:15 pm

Tues 9:00 - 9:45 am

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.

Tues 6 - 7:30 pm

FEES: Y Members \$48 Community \$76
2nd Child \$35 2nd Child \$54

TUMBLING AND TRAMPOLINE CLASS FEES

Y Members \$33 2nd Child \$25

Community \$61 2nd Child \$41

Additional family members must
be enrolled in the same program
to receive discounts.

**No Classes the week
of June 19th**

PRESCHOOL CLASSES

TUMBLE TOTS (PARENT & TOT)

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

Tues 11:15 - 12:30 pm

Tues 6 - 6:45 pm

PRESCHOOL TUMBLING & TRAMPOLINE

Teaches basic tumbling and tramp skills for 3 - 5 year olds.

Tues 10:30 - 11:15 am

Tues 5:15 - 6 pm

GENERAL TUMBLING & TRAMP 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' tumble track & a double mini-tramp. Classes develop strength, flexibility, balance, coordination & self-confidence in a safe, supervised environment.
- School age classes meet 1 time per week for 60 minutes. Preschool classes are 45 minutes long.
- For maximum learning, students are encouraged to continue classes for the entire school year. Students enrolled for the year receive priority program placement. Awards are given in the spring.
- Payment is due upon registration. Credit is not given for missed classes, but absences may be made up.
- Special Arrangements: Class placement exceptions & special arrangements are made by the instructor.

Contact Carlye Beadles at cantonymca.tumbling@gmail.com for more information about tumbling and trampoline.