



TUMBLEBEAR GYMNASTICS



Parent & Tot

This program is an introductory gymnastics class for ages walking up to 3 years old. Each class involves the participation of an adult for child support and encouragement. Our instructors will guide you and your child through a series of fun activities to improve their spatial awareness and explore together the basics of gymnastics in a fun, nurturing environment. By enrolling your child in classes you will be helping them to improve their strength, flexibility, balance and coordination plus an opportunity to meet and make new friends and have fun exercising. **No class on December 25 & January 1.**

Dates: **Session I: September 11 - October 16** 211249-01
Session II: October 23 - November 27 211249-02
Session I: December 4 - January 22 311349-01
Day: Monday
Time: 3:00 - 3:35 p.m.
Ages: 1 - 3 years (must be able to walk)
Instructor: Tumblebears Gymnastics, Inc.
Location: Krueger Park Gym
Min/Max: 6/14
Fee/Session: \$53 Resident; \$58 Non-Resident

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

School Age Gymnastics

Our goal in our classes is to develop fitness, character and self-esteem through the sport of gymnastics. To ensure safe and continual progress we teach gymnastics skills in a thorough and progressive manner. We help each child to take pride in their inner confidence and strength in a fun and positive environment. **No class on December 25 & January 1.**

Dates: **Session I: September 11 - October 16**
Session II: October 23 - November 27
Session III: December 4 - January 22
Time: **Session I: 3:45 - 4:30 p.m.** 221251-01
Session I: 4:30 - 5:15 p.m. 221251-02
Session I: 6:00 - 6:45 p.m. 221251-03
Session II: 3:45 - 4:30 p.m. 221251-04
Session II: 4:30 - 5:15 p.m. 221251-05
Session II: 6:00 - 6:45 p.m. 221251-06
Session III: 3:45 - 4:30 p.m. 321351-01
Session III: 4:30 - 5:15 p.m. 321351-02
Session III: 6:00 - 6:45 p.m. 321351-03
Day: Monday
Ages: 5 - 12 years
Instructor: Tumblebears Gymnastics, Inc.
Location: Krueger Park Gym
Min/Max: 6/14
Fee/Session: \$53 Resident; \$58 Non-Resident

NOTE: All FALL Gymnastic classes are held on **Mondays** at the **Krueger Park Gym**, 9100 S. 88th Ave. Gymnastics participants must be of age before the first class date. **No classes on December 25 & January 1.**

It is suggested that if you plan on attending all sessions that you register for all sessions at one time to avoid losing your spot.

Pre-Nastics

This program helps your child learn to follow instructions while developing their overall fitness and motor skills with challenging activities on gymnastics equipment. Our instructors follow a weekly curriculum to ensure each child is learning at his/her pace. Children who have participated in movement education activities have longer attention spans, increases communication skills, general problem solving skills and improves self esteem. We strive to help each child to become confident in themselves in a fun and safe nurturing environment. **No class on December 25 & January 1.**

Dates: **Session I: September 11 - October 16** 211250-01
Session II: October 23 - November 27 211250-02
Session I: December 4 - January 22 311350-01
Day: Monday
Time: 5:15 - 5:50 p.m.
Ages: 3 - 5 years
Instructor: Tumblebears Gymnastics, Inc.
Location: Krueger Park Gym
Min/Max: 6/14
Fee/Session: \$53 Resident; \$58 Non-Resident



NOTE: No gymnastic classes on December 25 & January 1.