

GIRLS Tumbling

(ages 10 and older)

2010 Fall / 2011 Spring Schedule

(August 2010 - May 2011)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Beginner – Adv. Intermediate Tumbling & Strength Training for Cheer 1x or 2x per week 1 hr. & 30 min, each lesson Definition of class – Beginner - just getting started Intermediate – Doing back handspring w/spot Adv. Intermediate – can do standing back handspring; Round off back handspring; No spot	7:00 – 8:30pm		7:00 – 8:30pm	
Advanced Tumbling & Strength Training for Cheer 1x or 2x per week 1 hr. & 30 min, each lesson Definition of class – Round off back handspring back flip by yourself NO SPOT!		7pm – 8:30pm		7pm – 8:30pm

COED

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Parents & Tots 1x per week 45 minutes each class	9:15 – 10am			
Preschool (ages 3 – 4) 1x or 2x per week 1 hour each lesson	9 – 10am 10 – 11am 11:15 – 12:15pm 12:15 – 1:15pm 3:00 – 4:00pm 4:00 – 5:00pm 5:30 – 6:30pm	3:30 – 4:30pm 4:30 – 5:30pm 6:00 – 7:00pm	3:00 – 4:00pm 4:00 – 5:00pm 5:30 - 6:30pm	3:30 – 4:30pm 4:30 – 5:30pm 6:00 – 7:00pm

We reserve the rights to cancel and/or reschedule (without notice) classes with insufficient enrollment.

07/19/10