

SESSION #4 SUMMER CLASS OFFERINGS MORNING TIMES HIGHLIGHTED	
Tumbling Tots	45 minute class
Parents will be with their child at all times. Designed for children ages 4 and under.	
Mondays	10:00-10:45am
Thursdays	4:00-4:45pm
Fridays	10:30-11:15am
Saturdays	12:00-12:45pm
Beginner Tumbling	60 minute class
For children ages 5 and up.	
Mondays	9:30-10:30am / 5:30-6:30pm / 6:30-7:30pm
Tuesdays	10:30-11:30am / 4:30-5:30pm / 5:30-6:30pm
Wednesdays	9:30-10:30am
Thursdays also includes "Little Muscles" – boys exclusive	5:30-6:30pm & 6:30-7:30pm
Saturdays	9:30-10:30am & 12:30-1:30pm
Back Handspring	90 minute class
This class teaches students to become proficient in the back handspring – a must for intermediate / advance classes.	
Tuesdays	9:00-10:30am & 6:30-8:00pm
Thursdays	4:00-5:30pm
Saturdays	8:00-9:30am
Intermediate / Advanced Tumbling	90 minute class
Students must be able to complete a round-off and 3 back handsprings before attending this class. This class works toward the competition end of tumbling.	
Mondays	10:30-Noon & 4:00-5:30pm
Tuesdays	4:00-5:30pm
Wednesdays	10:30-Noon
Thursdays	4:00-5:30pm
Saturday	10:30 - 12:00pm
Adult Tumble Class	90 minute class
This class is geared toward adults that want to work on conditioning, strengthening and flexibility in preparation for tumbling and trampoline. No prior tumbling experience necessary.	
Thursdays	7:30-9:00pm
Fridays	6:00-7:30pm
Home Schooled Tumble Time	90 minute class
For children ages 5 to 17. Students will work on conditioning, strengthening exercises, and tumbling. Offered year-round.	
Fridays	9:00-10:30am
Beginner Trampoline – Starting Session #3	60 minute class
This class is for no experience to "backyard trampoline" jumpers. Learn correct jumping technique, all the basic jumps, and safety falls that are the foundation for all the advanced skills.	
Tuesdays	4:00-5:00pm
Advanced Trampoline – Starting Session #3	90 minute class
While building on the foundational skills, students will learn to jump higher to perform more advanced flips, as well as all positions of both front and back somi's.	
Mondays	4:00-5:30pm