

SUMMER TUMBLING PROGRAM



SMPRD offers tumbling classes for every skill level and age. Class placement is determined by skill level and age. Each class is carefully constructed to motivate your child in a fun and progressive environment with the primary emphasis on safety and proper training methods for injury prevention and physical growth.

PRE-TUMBLERS: Children from 3 to 5 years old will be introduced to the world of tumbling. Kids will learn basic motor skills, somersaults, flexibility, parachute play, discipline, sharing, and how to follow instructions. DAY: Tuesdays; TIME: 3:00-3:45pm; COST PER SESSION: \$25.00

TUMBLING [LEVEL 1]

This class is for the new tumbling athlete. Students learn the proper form and technique for tumbling basics, focusing on flexibility, strength and body awareness. Skills to include: handstands, rolls, cartwheels, and round-offs. Ages 5 and up. DAY: Tuesdays; TIME: 4:00-5:00pm; COST PER SESSION: \$30.00

TUMBLING [LEVEL 1.5]

This class is for the tumbling athlete that is progressing through Level 1 and is ready to perfect the following skills: handstands, rolls, cartwheels, and round-offs. Ages 5 and up. DAY: Thursdays; TIME: 4:00-5:00pm; COST PER SESSION: \$30.00

TUMBLING [LEVEL 2]

Students will continue to build on tumbling basics—focusing on learning front and back walkovers, and much more! This class works to ensure that the student keeps their skills from beginner class fresh, but also works on learning and perfecting new skills. No age requirement, based on skills. DAY: Tuesdays AND Thursdays; TIME: 5:00-6:30pm; COST PER SESSION: \$45.00

TUMBLING [LEVEL 2.5]

This level is for the athlete who has been through Level 1 and 2 and is ready to move onto new tumbling skills, including preparation for back handsprings and round-off back handsprings. No age requirement, based on skills. DAY: Tuesdays AND Thursdays; TIME: 5:00-6:30pm; COST PER SESSION: \$45.00

ADDITIONAL INFORMATION

- **SIBLING DISCOUNT:** \$5.00 off the Session Cost for each additional sibling that enrolls.
- Summer sessions are 4 weeks long, the regular 6-week programs will begin again in September.

JUNE SESSION: June 1 through June 24...REGISTER BY: Friday, May 28

JULY SESSION: July 6 through July 29...REGISTER BY: Friday, July 2

No classes in August; regular classes will begin again in September.

**Schedules and rates are subject to change.*

