

**Sessions are monthly**  
**Private Lessons are also available**

**Tiny Tot Tumbling (T.T.T.)**  
**2-3 year olds with a parent(s)**  
**Tuesdays only**

Parent and child will enjoy their quality time together while working on development of gross motor and coordination skills as well as balance, spatial awareness, and strength. Great for socialization, taking turns, sharing, cooperating with one another. Basic tumbling skills are introduced through a variety of circuits or stations.

**Tiny Tumblers (T.T.)**  
**4-5 year olds**  
**Thursdays only**

Child will develop independence, social skills, cognitive, language and gross motor skills. Great for kindergarten preparation as children will learn to follow directions and take turns. Skills include basic positions, rolls, cartwheels, leaps, animal walks, and balance skills. It's also good preparation for Gymnastics skills.

**Tumble and Cheer (T&C)**  
**4-6 year olds and 7 year olds and up**  
**Tuesdays and Thursdays**

This program will offer participants the opportunity to combine Tumbling Skills and Cheerleading into one class. The Tumbling portion will help participants to enhance floor skills, learn cartwheels, round offs, back walkovers, back handsprings and back tucks. The cheer portion will help participants to learn jumps, chants, cheers, and dance!

**Girls Gymnastics (G.G.)**  
**4 year olds and up**  
**Tuesdays and Thursdays**

All skill levels are taught on the floor, the balance beam, the uneven bars, and the vault. The skills are taught in a progressive manner as each skill builds up to the next skill. Each participant has a progression card and as each of the six levels is accomplished the skills are checked off. *New to the program is strengthening and conditioning stations.* This will cut down on waiting time for each apparatus. This also provides more of a workout while strengthening, toning, and conditioning. We work on values education and safety awareness.

**Gymnast Pledge**

**It is my pledge to listen to my instructor, to respect my fellow gymnast, to be responsible for myself, to care for others, as I would want others to care for me. And to do the best that I can do and to have FUN!**