

# **Tumbling Classes at Maiden Rec!**

## **Kindergym:**

**This class is for kids ages 2-5. The focus is on body positions, balance, coordination and basic tumbling skills.**

***Wednesdays from 5:30-6:00 Cost: \$20/month***

## **Tumbling:**

**This class is for kids ages 5 and up. Basic (rolls, handstands, cartwheels, etc.) and intermediate (walk overs, round-offs, handsprings, etc.) tumbling skills are practiced as well stretching and strengthening exercises.**

***Wednesdays from 6:00-7:00 Cost: \$30/month***

**Contact Amanda Howard for more information 704-996-5197**