

Tumbling Classes

KinderGym:

This 30 minute class is for children ages 2-5. Focus is on balance, coordination, and body positions as well as learning beginner tumbling skills such as rolls, cartwheels, and handstands.

(Wednesdays 4:00 or 5:30 Cost: \$20/month)

Tumbling:

This hour long class is for children ages 5-12. Basic (rolls, cartwheels, handstands, etc.) and intermediate (walk-overs, round offs, handsprings, etc.) tumbling skills are practiced. Stretching and strengthening exercises are also incorporated.

(Wednesdays 4:30 or 6:00 Cost: \$30/month)

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