

Register in person at 2032 South Lincoln or
by phone at 324-3389 or
online at www.jeromerecreationdistrict.com



Monday - Friday 5:00 AM to 9:00 PM
Saturday 7:00 AM to 7:00 PM
Sunday 10:00 AM to 4:00 PM

TUMBLING

**\$20 in district
or
\$30 out of district**

Tumble Academy I: (Ages 4 through Kindergarten) Wednesday 5:15pm-6:00pm

Students are introduced to basic dance movements and positions and basic tumbling movements and positions on the floor, various mats, mini trampoline, and low balance beam. Beginning skills include forward rolls, brush leaps, mini cartwheel, mini handstand, splits, tuck jumps, and lots of balance and coordination work. Tumblers will learn how important conditioning is to their training and work on their ability to wait patiently for their turn. Students should be barefoot and wear comfortable but not baggy clothing.

Tumble Academy II: (Grades 1-4) Wednesday 6:00pm-6:45pm

Students will add on to their basic dance and tumbling skills, including straddle jump, bridge, bridge kickover, backward rolls, advancing mini cartwheel, advancing mini handstand, and more balance and coordination work. Conditioning will increase in amount and intensity. Students should already know how to wait their turn and be excellent listeners. Students should be barefoot and wear comfortable but not baggy clothing.

