

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

SEPTEMBER 2019 - MAY 2020

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

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

**Tumble Academy III:
(Grades 5 & up)
Wednesday 6:45pm-7:30pm**

SEPTEMBER

\$20 IN DISTRICT OR \$30 OUT OF DISTRICT

OCTOBER

\$25 IN DISTRICT OR \$35 OUT OF DISTRICT

NOVEMBER

\$15 IN DISTRICT OR \$25 OUT OF DISTRICT

DECEMBER

\$15 IN DISTRICT OR \$25 OUT OF DISTRICT

JANUARY

\$20 IN DISTRICT OR \$30 OUT OF DISTRICT

FEBRUARY

\$20 IN DISTRICT OR \$30 OUT OF DISTRICT

MARCH

\$15 IN DISTRICT OR \$25 OUT OF DISTRICT

APRIL

\$25 IN DISTRICT OR \$35 OUT OF DISTRICT

MAY

\$20 IN DISTRICT OR \$30 OUT OF DISTRICT

**PRICING DETERMINED BY AMOUNT
OF CLASSES EACH MONTH**



Class Descriptions

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 kick over, 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.

Tumble Academy III: (Grades 5 & up)

Wednesday 6:45pm-7:30pm

Students will again advance their level I and II skills with movements such as standing backbends, cartwheel, round off, handstand, handstand to bridge, handstand to forward roll, develop leaps, side leaps, turns in pass on floor and beam, and of course more balance and coordination work. Conditioning will increase in amount and intensity. Tumblers must be good listeners and ask relevant questions to increase understanding of skills.