

TUMBLING

Tumbling at JRD is back! Throughout June and July, students will be 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. Participants are required to be in grades K – 6. NO WALK-INS MUST BE REGISTERED.

Schedule:

Wednesdays

K – 3rd: 4:00 pm – 5:00 pm

4th – 6th: 5:15 pm – 6:15 pm

Cost:

In District - \$20 per month

Out of District - \$30 per month



Register in person at 2032 South Lincoln, by phone at 324-3389 with a Visa or Master Card or online at www.jeromerecreationdistrict.com