

# TUMBLING

Tumbling at JRD is back! 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.



**K – 3<sup>rd</sup>: 4:15 pm – 5:15 pm**

**4<sup>th</sup> – 6<sup>th</sup>: 5:30 pm – 6:30 pm**

*Wednesdays* - September 4, 11, 18 & 25  
\$25 in district or \$35 out of district

*Wednesdays* - October 2, 9, 16, 23 & 30  
\$31.25 in district or \$41.25 out of district

*Thursdays* - November 7, 14, & 21  
*No Class November 28th*  
\$18.75 in district or \$28.75 out of district

**NO DECEMBER CLASSES**

*Thursdays* - January 9, 16, 23, & 30  
\$25 in district or \$35 out of district

*Thursdays* - February 6, 13, 20 & 27  
\$25 in district or \$35 out of district

*Thursdays* - March 6, 13 & 20  
*No Class March 27th*  
\$18.75 in district or \$28.75 out of district

*Thursdays* - April 3, 10, 17 & 24  
\$25 in district or \$35 out of district

*Thursdays* - May 1, 8, 15, 22 & 29  
\$31.25 in district or \$41.25 out of district

Register in person at 2032 South Lincoln, by phone at 324-3389 with a Visa or Master Card or online at [www.jeromerecreationdistrict.com](http://www.jeromerecreationdistrict.com)