



Tumbling

This class is instructed by Troy and he will help the students attain skills in Basic Floor Exercises. Using a trampoline and floor mats the lesson will focus on Proper Body Alignment, Core Strength & Inverted Skills. Various positions including; Cartwheels, Round-Offs, Back Tucks, Rolls & Bridges will be taught during this class.

This class is offered for

Ages 3-5 on Thursdays @ 11-12

And

Ages 7 & Up on Tuesdays @ 5-6

Please sign up in the office.

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