

School Aged Dance

GREEN DANCERS

This class is for beginners and/or those who have had minimal training and are just getting into the sport. Class skills include basic leg extensions, proper posture and turn out single turns and leaps, and short combinations that focus on gross motor skills.

*Class day and time will be created based upon interest of at least 2 students

BLUE DANCERS

This class is for those who have had some training and understand the basics of the sport. Class skills include double turns, a wider variety of complex leaps and jumps, and intricate combinations that focus memory and fine motor skills. This class also prepares the dancer for a performance environment.

Thursday 4:00

HIP HOP

Everyone will have a blast in this fast-paced, high-energy dance class which introduces basic hip hop moves, the latest trends, & fun choreography. All music will be free of questionable lyrics.

Wednesday 7:00

The Tumble Gym

Tumbling Classes

GREEN TUMBLE CLASS

This is for those students who are new to the sport of tumbling. This class will teach the fundamentals of tumbling & conditioning. Skills taught range from the basics of rolling, handstands, bridges, front limbers, cartwheels, bridge kick-over's, round offs and the intro to the back handspring.

Monday 3:00, 7:00 Tuesday 4:00, 6:00

Wednesday 4:00, 5:00

Thursday 3:00 Saturday 11:00

BLUE TUMBLE CLASS

This class is for those students who have gained the concept of the round off and back handspring, and are ready to move on to round off-back handsprings and multiple back handsprings. Skills taught are front walk over's, front handsprings, intro to combination tumbling passes, the back salto tuck, aerials, front tucks and other skills.

Monday 4:00

Thursday 4:00

BLACK TUMBLE CLASS

This class is for those students who have the skills listed in the green and blue class and are ready to progress to front layouts, front halves, front fulls, back layouts, back halves, other twisting skills.

Monday 5:00

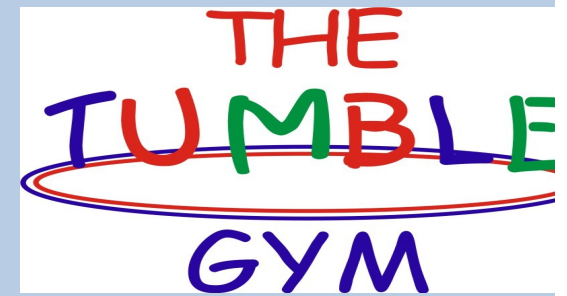


610 Market Street
Chapel Hill, NC

www.thetumblegymsv.com

(919) 942-7687

SCHEDULE SUBJECT TO CHANGE



At Southern Village

FALL CLASS OFFERINGS

**2010-2011
REGISTRATION
SCHEDULE**

The Tumble Gym

(919) 942-7687

Gymnastics/Tumbling Classes

Our Gymnastics program is divided into 3 areas—
Preschool Gymnastics, and school-aged Boys
Gymnastics and Girls Gymnastics.

The Tumble Gym's preschool program is available to
children from walking to 5 years of age. The program
features gymnastics as the ideal foundation from
which children can base all future movement and
sports skills. Designed especially for our preschool
children, the activities in this program strengthen
hand-eye coordination.

FUNSKOOL TUMBLERS (3-5 years old)

A morning of fun activities which include 1 hour of
Tumble Gym gymnastics plus almost 2 hours of fine
motor skills activities, songs, games, exploration,
occasional walking field trips within Southern Village
and other school/sport readiness activities all within
Southern Village. Must be potty trained.

Monday 9:00-12:00
Thursday 9:00-12:00

TUMBLE BABIES (Walking to 24 months)

Start your child off right. Parent and child alike can
enjoy activities only available through our specialized
equipment. What fun!

Tuesday 10:00 **Wednesday** 10:00
Thursday 10:00 **Friday** 10:00
Saturday 9:00

TINY TUMBLERS (24 months to 3 years)

This class becomes truly exciting for parent and child.
Our instructors lead the class through a
developmental program that explores balance, body
awareness, and basic tumbling technique.

Monday 10:00 **Tuesday** 11:00, 1:00
Wednesday 9:00 **Thursday** 11:00
Friday 10:00 **Saturday** 9:00

KINDER TUMBLERS (3 years old)

A step up!! Parent can participate if they like.
Our instructors lead the class in creative
movement, tumbling, coordination, group play
and basic gymnastics.

Wednesday 1:00, 4:00
Thursday 1:00, 6:00
Friday 9:00

SUPER TUMBLERS (4-5 years old)

We love to watch the kids get fit, become coordinated
and more! Watch as our children learn the artistry that
is gymnastics. We dedicate ourselves to become your
child's best preschool experience.

Monday 10:00, 1:00, 5:00, 6:00
Tuesday 10:00, 1:00, 3:00, 4:00, 5:00, 6:00
Wednesday 10:00, 11:00, 1:00, 3:00, 4:00, 5:00
Thursday 10:00, 1:00, 5:00, 6:00
Friday 9:00
Saturday 11:00

SCHOOL AGED GYMNASTICS PROGRAM

The Tumble Gym's gymnastics programs promote fun,
fitness and fundamentals through a variety of
progressive and challenging experiences. We offer
gymnastics classes for all school-aged children.
Strength, fitness, coordination and confidence are
enhanced as students acquire gymnastic skills using
Olympic apparatus and trampolines.

Girls Gymnastics

Monday 3:00, 4:00, 5:00, 7:00
Tuesday 3:00, 4:00
Wednesday 6:00
Thursday 4:00, 7:00
Saturday 10:00

Boys Gymnastics

Monday 6:00
Tuesday 5:00
Wednesday 3:00, 6:00
Thursday 5:00, 7:00
Saturday 10:00

Preschool Dance

KINDER DANCERS (3&4)

This class focuses on developing rhythm and coordinatio
balance and flexibility through the fundamentals of dance
movement.

Wednesday 5:00
Saturday 9:00

SUPER DANCERS (5&6)

Explore the fundamentals of dance movement through g
exercise, developing rhythm and coordination with emph
on posture, flexibility and strength in a fun dance setting.
Introduces students to the dance performance environm

Thursday 3:00
Saturday 10:00

PAYMENT INFO

(Note: for all classes, there is a \$35 annual registration f

Monthly tuition: 1hour class/week

\$70 (1 child, 1 class/week) if paid by Automatic draft
\$75 (1child, 1 class/week) if paid monthly

Monthly tuition: Funskool

\$ 95 if paid by Automatic Draft* (1 day a week)
\$ 100 if paid monthly** (1 day a week)

Late Fee:

Tuition payments received after the 5th of each month w
subject to a \$10 late fee per class and/or student

Sibling & Multiple Class Discount Available

REGISTER ONLINE!!!!!!
www.thetumblegymsv.com

