

SKIES Gymnastics Tumbling

SKIES Gymnastics Tumbling is operated by Premier Spirit Academy. Premier Spirit Academy teaches Young Athletes to; Be Self Confident, Do THEIR Best and Have FUN!

Price for SKIES Gymnastics Tumbling is \$35 a month.

Class times and descriptions are as follows:

Tuesday		Thursday	
9 am	Parent and Tot Class	3 pm	3 & 4 Year Old Class
10 am	3 & 4 Year Old Class	4 pm	Parent & Tot Class
11 am	3 & 4 Year Old Class	5 pm	3 & 4 Year Old Class
3 pm	3 & 4 Year Old Class	6 pm	5 & 6 Year old Class
4 pm	5 & 6 Year Old Class	7 pm	Age 7 & Up Class
5 pm	5 & 6 Year Old Class		
6 pm	Age 7 and Up Class		
7 pm	Advance Class		

Parent and Tot - Class enrollment up to 7 students per class - Class age is 2 years old. Class is designed for Parents to be involved with their student. Only students enrolled in class will be allowed to be in the class room. Please make arrangements for siblings to be taken care of during class time.

3 & 4 Year Old – Class enrollment up to 10 students per class – Students will work on forward rolls, back rolls, cartwheels, handstands, balance on balance beam and other basic tumbling skills.

5 & 6 Year Old – Class enrollment up to 10 students per class – Students will work on back bends, forward rolls, back rolls, handstands, cartwheels along with other basic tumbling skills.

Age 7 & Up – Class enrollment up to 10 students per class – Students will work on back bends, forward rolls, back rolls, handstands, cartwheels, round offs, back bend kick over's, along with other tumbling skills.

Advance Class – This class is a coach's recommendation only. Student must be at least 7 years old and must be in a 7 & Up class. Students will be recommended for the Advance Class after specific tumbling skills are mastered.

- ❖ Children not enrolled in class will not be permitted to stay in the Gymnastics Tumbling room and must be seated and supervised in the waiting area.
- ❖ No parents, observers, or visitors are allowed in the Gymnastics Tumbling room unless prior arrangements have been made with the instructor. Class observation days will be scheduled for family to visit throughout the year.
- ❖ Class rules must be followed in order to remain enrolled in gymnastics tumbling class. Rules are as follows: No food or drink in the gymnastic tumbling area, be respectful to instructors and fellow students, pay attention and follow instructions for safety reasons, and students must use restroom before class time.
- ❖ Dress for Gymnastics Tumbling – T-shirt, shorts or leotards. Student needs to wear clothes that student can move in and are comfortable for tumbling.
- ❖ Gymnastics Tumbling class are held year round. Classes will not be held on days that the McGraw Center is closed – NO MAKEUP classes for these days.