



# Summer Classes



May 31st - August 12th \$190member/\$215non-member

## Beat the afternoon heat!

11 weeks of great classes!

Plus a free pass for an extra class for yourself OR to share with a sibling/friend!

No worries about missing a class while you are away on vacation!

A super way for your Champions to keep up their skills over the long summer.

Monday	Tuesday	Wednesday	Thursday
3:30-4:30 Tumblin' Tikes (preschool)	3:30-4:30 Waddlers I & II (walking—3.5 yrs)	3:30-4:30 Tumblin' Tikes (preschool)	3:30-4:30 Waddlers I & II (walking—3.5 yrs)
4:30—5:30 Waddlers I & II (walking—3.5 yrs)	4:30—5:30 Tumblin' Tikes (preschool)	4:30—5:30 Waddlers I & II (walking—3.5 yrs)	4:30—5:30 Tumblin' Tikes (preschool)
5:30—6:30 Tumblin' Tikes (preschool) Champion Tumbling (K—5th)	5:30—6:30 Champion Tumbling (K—5th)	5:30—6:30 Tumblin' Tikes (preschool) Champion Tumbling (K—5th)	5:30—6:30 Teams and Squads Power Tumbling (advanced 3rd - 5th /6th—12th)
	6:30—7:30 Teams and Squads Power Tumbling (advanced 3rd - 5th /6th—12th)		

Type of Class	Age	Class Description
		<i>Siblings of different ages can be combined into a common class by request!</i>
<b>Champion Waddlers I &amp; II</b>	Parent & Tot Walking—3.5 yrs	See first hand your child's coordination and self-esteem emerge during this special time of discovery for parent and child. Children will develop gross motor function, spatial awareness and hand/eye coordination in a fun, positive environment. Waddlers will learn basic positions, rolls, handstands, jumps and more. 40" air track, tumble tramp and a giant obstacle course keep the learning fun!
<b>Tumblin' Tikes</b>	Preschool Age	Cartwheels, round-offs, forward/backward rolling and beyond, Champions coaches take each child to their full potential in this exciting class. Learning to use "listening ears" and following instructions are also a couple of the benefits of this fun, yet structured class. It's a great introduction to the world of full body coordination sports!
<b>Champion Tumbling</b>	K—5th grade	The perfect class for the beginner to intermediate gymnast! Lots of time on the Air Track and Tumble Tramp and floor, this class will develop the tumbling skills needed to be a strong gymnast, cheerleader or playground superstar! Tumbling classes are highly recommended for team/squad members, as well as, any child wanting to increase tumbling skills, strength, flexibility and overall fitness.
<b>Power Tumbling</b>	Teams/Squads Advanced 4th and 5th 6th—12th grade	Quickly take skills to the next level! This fast paced workout is the perfect class for the older cheerleaders and intermediate/advanced gymnasts wanting to really focus on developing strong tumbling skills. Our experienced college level coaches will take you to new heights with the latest, innovative teaching drills and skills!

**Interested in being on one of our Teams/Squads for 2010-2011? Call or email now!**

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