

As your child/ young adult grows up, their world expands outward from the family as relationships are formed with friends, teachers, coaches, caregivers, and others. Because their experiences are expanding, many factors can alter their actions and impact how they learn to get along. Some situations can create stress and effect self-esteem. During this age all areas of development vary tremendously. In our Trampoline class & Adult tumbling class each person works at his or her own pace and skill level. This allows for everyone to progress at his or her own rate as daily performance may depend on their mood, his or her experiences with various types of people, or even what happened that day. The trampoline & tumbling classes increase balance, strength, flexibility, & self awareness. They also increase self confidence, social relationships, and discipline.

CLASS TIMES TUMBLING AND TRAMPOLINE CLASS

Visit us online for our schedule of weekly classes!

\$59 monthly
ONE CLASS PER WEEK

\$45.00 Registration/Insurance fee may apply
Discounts apply for automatic withdraw & siblings

Call us at
(775) 782-4GYM

AGES 7 TO ADULT TUMBLING & TRAMPOLINE PROGRAMS



Tumbleweeds Gymnastics
Kids Camp & Cheer

2231 Meridian Blvd. #2
Minden, NV 89423

775-782-4GYM
www.tumbleweedsforkids.com

Trampoline Class

In our trampoline class we work on a lot of drills, flipping, and training for low or high level tricks. This class is a great way to develop tumbling skills and aerial awareness by working on the tramp. It is also a great tool for other sports like karate, snowboarding, skiing, cheerleading and many more.

We also train on the floor doing tumbling and basic skill progression. Floor training really improves the skills learned on the tramp and improves coordination and strength.

We have currently 5 levels of skills & routines with something for everyone of every level.

Acro Class

Future Class-Not available at this time

Our Acro class is a new program that works on a combination of tumbling, stunting, and dance. It is for all levels and ages, and works on flexibility, strength, balance and coordination. Incorporating gymnastics skills with rhythm, and stunting, acro is one of the best ways to develop and also to have fun!

We work on trampoline & tumbling skills to develop into an all around gymnast and add in the fun & challenging aspects of acrobatics.

There are 5 levels all including tumbling skills, partner & individual stunts, trampoline, tempo and balance.

Tumbling Class

In our Tumbling class, we work on a lot of pre-handspring drills, rolls, handstands, round-offs, & handsprings. The class is designed for every level of gymnastics, from the parent who has only watched gymnastics, to the advanced tumbler who just wants to stay in shape and keep up their tumbling skills.

We also do a little work on the trampoline for fun and also to practice handsprings and flipping. We work on the bars for strength, muscle development and skill work.

We have all ages in this class, including teens, parents, ex-gymnasts & current coaches!