



**Fall classes 2010-2011**  
**106 Julington Plaza Dr.**  
**Jacksonville, FL 32259**  
**230-6291 / 230-7778**



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
				9:15am	MOMMY & ME 16M—24M						
		9:00 am	Gymnastics 3-4 Wait list	11:00am	TUMBLEGYM 3-4					10-10:45 am	Mommy & Me 16m-24m Wait list
4:30	TUMBLEGYM 5-8	4:15	TUMBLEGYM	4:45	TUMBLING A+B 7-9	5:00	TUMBLEGYM A+B 7-12 IMPROVE BACKHANDSPRING			11am	Gymnastics TUMBLING 3-4YR Wait list
5:30	TUMBLEGYM 7-9	5:00	TUMBLEGYM 4-5	5:45	TUMBLING A+ B 5-8	6:00- 7:30	TUMBLING INTER/ADVANCE 1,5 HOUR CLASS			12noon	Gymnastics TUMBLING 5-7
6:30	TUMBLEGYM B 9-12	5:45	TUMBLEGYM 3-4	6:30	TUMBLEGYM 5-6						
7:30	STRETCH & STRENGTHS CLASS Age 7-13	6:30	TUMBLING GYM 6-9	7:15	TUMBLING FOR CHEERLEADING 7-12						



## Helpful Information for Tumbling Kids

**What to wear:** **Girls**-any color leotards (no stripes), no skirts.  
**Boys**- white tucked in T-shirt and black fitted sports shorts.

All may wear soft gymnastics shoes or bare footed.

**Toddler & Me classes:** Children can wear leotard or comfortable closing, no shoes. All adults will need to remove their shoes before entering our gym room. You can wear socks.

**Observation:** we provide windows so you can observe classes. It is important for children to pay attention to teacher for safety & learning reasons. Please do not talk or coach your child through the window, do not wave to her/him for any reason;

do not enter the gym room. It is important for teacher to have undivided attention of all kids.

**Student teacher ratio:** 6-8:1 (up to 8 students per teacher)

**Make-up classes.** There is no extra cost for Make-up classes. You will need to call the office to schedule it due to limited space in classes. It can be made up within a given month only

at any class available on the schedule appropriate for student's ability or a level lower with current up to date tuition. Please notify us in advance if you are planning to miss in order to receive a make class. "Make-up" classes may not be accumulated. We do not provide refund or credit for missed classes.

You may **choose to pay annual, quarterly or monthly.** For example from August through June, 11 equal payments will be expected. Same rule is applied if student starts later than September; **monthly** installment will be due each month in full.

Month of July is our summer time and schedule may change accordingly. Summer morning camp will be offered June-August.

If you choose to pay a single payment of annual fee a discount of 10% of total amount will apply. 6 month fee will receive a discount of 5%.

You may **withdraw** from classes with Written withdraw note to Tumbling Kids 30 days prior to the date. This note needs to be in the office or faxed to 287-9136 30 days before of the beginning of the new month in order not to be charged for it. Verbal or phone cancellation will not be accepted.

**Refunds:** there is no refunds on registration fees. If you have chosen to pay quarterly or annually and decided to withdraw refund will be given for classes that did not occurred minus a discount received .



## Tumble, be Fit!



**Movements, Skills & Exercise — from the simple to the complex — are like building blocks.**

**Logical progression of motor skills & physical development is essential for children.**

**If they skip the prerequisites, they may never progress successfully from one level of skill development to the next.**

**Children should crawl before they walk and walk before they run.**

**Tumbling Kids is non competitive program where each child progress at their own pace & level.**

**We use equipments designed for children :**  
**Tumble Track** to improve tumbling skills without to much pressure and pounding on child's joints.  
**Mat works:** from forward rolls to cartwheels; back handspring to back & front tucks.  
**Bars (even or uneven):** strength development  
**Stall Bars, Climbing rope, Balance beam:** all incorporated in our work out and learning progression of skills in Gymnastics and Tumbling.

**Our 1500 sq. ft of space provide good quality instructions, learning experience in non completeive and fun environment.**

**Schedule your Free trial class today!**



**106 Julington Plaza Dr.  
Jacksonville, FL 32259  
next to Mark Spivak's Dance Extension  
of Race Track Rd.**

**Phone: 904-230-6291  
Fax: 904-287-9136**

**Follow the link "Tumbling Kids" (click on it)  
at [www.markspivak.com](http://www.markspivak.com) or  
[www.julingtoncreekplantation.net](http://www.julingtoncreekplantation.net)  
for schedules & forms**