



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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TUMBLING

Session: Fall 2026



MOMMY AND ME

Mommy and Me students will start learning the basics of the world of tumbling with a bit of help from their parents.

WEDNESDAYS, 5:30PM – 6:00PM

PRE-TUMBLE

Pre-tumble students are not required to have any prior experience or skill level, as it will provide a comprehensive basic tumbling education. Students will be introduced to body positions, balance, rolling, and more.

WEDNESDAYS, 6:30PM – 7:15PM
THURSDAYS 5:30PM – 6:15PM

LEVEL 1

Level 1 students do not have a specific skill list of prerequisites. Tumblers will be expected to be able to listen and follow directions. Students in this class will experience an introduction to basic skills such as rolls, cartwheels, bar dismounts, and handstands.

WEDNESDAY, 7:30PM – 8:15PM
THURSDAYS, 6:30PM – 7:15PM

LEVEL 2

Level 2 students are expected to have completed forward rolls, backward rolls, attempted cartwheels, and attempted handstands before entering this class. This is a technique geared class designed to help students complete basic skills with correct form and without help from the teacher. In addition to the perfecting technique, tumblers will be introduced to new body positions, such as bridges and hollows, and bar pullovers.

THURSDAYS, 7:30PM – 8:30PM

WHO: Boys and Girls ages 2 – 12

WHEN: Sept 7th – November 20th

COST: Member \$35.00 | Non-Member \$85.00

DEADLINE: Monday, August 31th, 9:00PM

**LIMITED SPOTS
AVAILABLE**



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