

**BOYS ONLY FLIPS AND TRICKS TUMBLING CLASS**

**Thursday 7:30pm-8:30pm**

**Ages 8 and up only**

Come learn and practice your **OFF THE WALL**

**At Foothills Gymnastics, We Believe:**

**Safety in everything is a must!**

**All children should have the opportunity to appreciate their own innate worth!**

**When children are having fun, they are learning!**

**We work hard to develop the whole child. We believe in your child, and we would love the opportunity to show your child how to believe in themselves!**

**GO NINJA** Ages 5yrs to 13yrs

Gymnastics based ninja class

Infused with fundamentals from obstacle training, gymnastics, tumbling, and fitness. This is an action packed class teaching focus and fun, along with skills and values. Our Go Ninja class is designed for high energy kids that want to learn the warrior moves seen on tv.

**Co-ed, girls only, and boys only classes offered**

**Class Schedule & Fees**

	Beg.					Int.				Adv.			
	M	T	W	Th	F	M	T	W	Th	M	T	W	Th
4:00			*										
4:30		*			G		*		*				
5:00					G								
5:30		*	*	*									
6:30	*			*		*	*		*				
7:30	G	G		B						*	*		

G = Go Ninja class 5yrs to 13 yrs

Co-ed - M and T @ 7:30pm

Girls only - F @ 4pm Boys only - F @ 5pm

B = Boys Only Flips and Tricks class 8 yrs and up

**“All Classes subject to change”**

**\$35 Registration Fee per child**

**\$65 per month Tuition**

1 hour class once a week

Sibling discount \$5 off monthly tuition

**8 2 8 - 3 2 8 - 3 7 9 4**

920 29th Ave NE

Hickory, NC 28601

Fax: 828-328-6278

office@foothillsgym.com

Check us out at:

**www.foothillsgymnastics.com**

**Tumbling**

**Ages 6yrs & up**

**BUILDING BOLDER,  
BRIGHTER, MORE  
CONFIDENT KIDS!**



**Foothills  
Gymnastics**

**8 2 8 - 3 2 8 - 3 7 9 4**

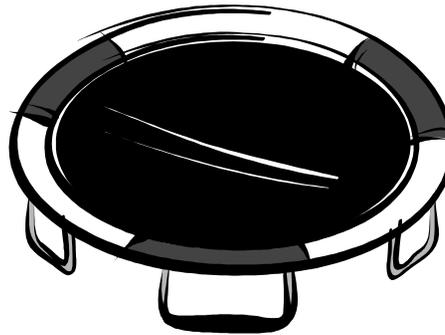
# Tumbling Program



We are proud to present to you the exciting world of Tumbling at Foothills Gymnastics Training Center.

We offer tumbling classes for both boys and girls ages six and up. The core objective of our Tumbling Program is to create an environment where each child can feel successful and learn positive self worth regardless of skill level.

The Foothills tumbling program will allow your child to progress at a rapid rate on the floor exercise and trampoline. Students will focus their efforts on tumbling drills and skills via three primary pieces of equipment including our tumble strips, tumble track and in-ground trampoline.



In order to accommodate every student, we offer three levels of tumbling including beginner, intermediate and advanced.

Beginner classes will concentrate on learning and strengthening basic tumbling skills such as rolls, cartwheels, handstands, round offs, and bridges.

The primary focus of the intermediate level will be to continue improving fundamental skills and training more difficult tricks such as walkovers and front and back handsprings. Students must master a round off back handspring without being spotted before being promoted to the advanced class.

Once in the advanced group, students may learn more difficult skills such as aials, tucks, layouts and twisting layouts.

All of our instructors are well trained and educated in various spotting and teaching techniques. We instruct through a series of progressions which not only allows for the building of solid fundamentals, but also ensures the safety of your child.

Tumbling enhances all aspects of athletic ability including coordination, strength, flexibility, and agility. The love for physical exercise will allow your child to grow and continue a healthy lifestyle for the rest of their lives. Whether your son or daughter views tumbling as a fun recreational activity or as a supplemental tool to aid in dance, cheerleading, martial arts or any other sport, we assure our customers that we can meet their needs.



## **\*\*Open Gym\*\***

Let your child explore, climb, and play in our clean, safe, kid friendly environment. Children ages 5 yrs through 16 yrs old are welcome to be dropped off and join in the fun. The play time will be staffed and supervised. Your child must be signed in and out by an adult.

**Friday 6pm-8pm & Saturday 9am-11am**

**\$10 per child Schedule subject to change**

**8 2 8 - 3 2 8 - 3 7 9 4**

**920 29th Ave NE  
Hickory, NC 28601  
[www.foothillsgymnastics.com](http://www.foothillsgymnastics.com)**