



GET UP AND GET MOVING! MOVEMENT CLASSES FOR CHILDREN AGES 3 TO 5

Tumbling Class

Monday

3 years 9:45 am - 10:30 am

4 years 10:45 am-11:15 am

Members: \$30

Non-Members: \$50

Students will begin with basic tumbling skills that also promotes strength and flexibility. They will also learn forward rolls, backward rolls, headstands, as well as working with obstacles such as the tunnel, balance beam and hula hoops.

Creative Movement

Wednesday

3 years 9:45 am-10:30 am

4 years 10:45 am-11:15 am

Members: \$30

Non-Members: \$50

Children as young as 3 years old can experience the fun and joy of creative movement, learning different styles of movement that expands a child's creativity skills, self esteem and self expression.

NO CLASSES HELD ON SCHOOL HOLIDAYS

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