

Gymnastics

Not only great for the cardiovascular,

It helps promote:

FLEXABILITY

COORDINATION

DEVELOPMENTAL GROWTH

SELF CONFIDENCE

- Courtney Macha-Owner and Instructor
- 10 years of experience coaching gymnastics
 - We supply all equipment
- Following School every Tuesday 3-4pm
 - Pre-K (Boys and Girls)

Main Equipment Used

Mats
Balance Beams
Trampolines
Cheese Mat
Octogan
Bars
Vault
Parachute

Main Skills

Back Bends
Straddle Roll
Back Roll
Cartwheel
Support/Pull Over Bars
Squat on top of Vault
Dive Roll
Front Handspring

- End of the Year Show
- Everyone Receives a Trophy
- Registration starts in July

www.tumblingtigersbr.com

**Tumbling
Tigers**

