



Indianapolis
Healthplex

Tumbling with Coach Jas

June 17 - July 16



Preschool Tumbling (Ages 3-6)

In this 5-week class, students learn basic tumbling skills such as forward/backward rolls, head/handstands, cartwheels, and backbends. They will also learn various body positions to help with gaining the body control/awareness needed to advance to more complex skills.

Time: Fridays, 4:30PM - 5:15PM **or**
Saturdays, 3:00PM - 3:45PM

Cost: \$100/members
\$115/non-members

Space is limited. Sign up today!
Register at the front desk or
call (317) 920-7400

Students must attend the same class each week of the session.

Beginner Tumbling (Ages 7-14)

In this 5-week class, beginner tumblers work towards mastering the following skills; forward/backward rolls, head/handstands, backbends, backbend kickovers, handstand bridge, front limbers, cartwheels, and roundoffs! Athletes also learn different body shapes to increase body awareness/control.

Time: Fridays, 5:30PM - 6:15PM **or**
Saturdays, 4:00PM - 4:45PM

Cost: \$100/members
\$115/non-members

