tumbling descriptions

tumbling 1:

Forward/Backward rolls, Headstand, Handstand step down to lunge position, Cartwheel with good form, Backbend kickover utilizing wedge mat (60 min 1x/wk).

tumbling 2:

Round-off with good form, Backbend kickover utilizing both wedge mat and floor, Front Limber, Back Handspring with good form using barrel, Back Handspring on TumblTrak with spot (60 min 1x/wk).

tumbling 3:

Back Walkover, Standing Back Handspring on floor, Round-off Back Handspring on TumblTrak, Round-off Back Handspring on floor, Round-off 2 Back Handsprings on TumblTrak, Round-off 2 Back Handsprings on floor (60 minutes 1x/week).

tumbling 4:

This class is by invitation only. Students will be working on flight skills such as Back Tucks, Layouts, Fulls, etc. MUST have a consistent round-off back handspring with good form to be considered. See a coach to set up evaluation time (60 min 1x/week).

gym policies

*** PARENTS ARE RESPONSIBLE FOR THEIR CHILDREN BEFORE AND AFTER CLASS. Please be in the lobby 5 minutes before your child's class is over to meet them. No child should be left unattended!!!!**

***Classes without a minimum of 2 students will be cancelled.**

*** In order to secure a spot in any of our classes, we must receive a completed registration form, signed waiver, tuition payment, and the annual non-refundable registration fee.**

***We do NOT re-enroll students automatically, nor do we maintain a priority registration system. Spots are alwayts filled on a first-come, first serve basis.**

***Gymnastics students wear leotards or shorts/tee shirts (jeans, skirts, or other loose clothing and jewelry are not permitted) HAIR MUST BE PULLED UP!!!!!!!**

*** If you need to cancel your child's registration, we will glady provide a refund for your tuition (registration fee is non-refundable) up to the start date of the session. Once the session begins, we will do MTB Gymnastics account credits ONLY.**

***Gym Closing Policy – Please see the front of registration form for our dates we will NOT have class. In the event of inclement weather, our Gymnastics Training Center will follow suggested Mountain Brook School Closing Schedules. Be tuned to local TV and Radio networks for closing information. Also, check your email for gym-wide emails about closings.**

***Unfortunately, we do not offer make-up classes. NO EXCEPTIONS.**

class	circle days/times requested		
	Mon	Tues	Thurs
Tumbling 1	6:00	7:00	7:00
Tumbling 2	7:00	7:00	7:00
Tumbling 3	7:00	7:00	7:00
Tumbling 4	7:00	7:00	7:00

class	tuition schedule					
	Session #1 (Aug 15th- Oct 10th) 8 Week Session	Session #2 (Oct 11th- Dec 16th) 8 Week Session**	Registration Fee (Renew in August each year)		Both Sessions and Reg. Fee	
			Single	Family	Single	Family
ALL TUMBLING	$130	$130	$75	$100	$335	$360

Mom's Name _____ Cell Phone # _____

Dad's Name _____ Cell Phone # _____

Mailing Address _____ City _____ Zip Code _____

Home Phone # _____ E-mail address _____

Emergency Contact Name _____ Phone # _____

If possible, please group with: (THIS IS NOT A GUARANTEE) _____

Does your child have any special needs we should be aware of? _____

--I HAVE READ AND FULLY UNDERSTAND THE GYM POLICIES LISTED IN THE REGISTRATION FORM

_____

Parent/Guardian Signature

First child's name _____

Birthdate ____/____/____

Male Female

Class Level _____

First choice class day _____ Time _____

*2nd day _____ Time _____

Second choice class day _____ Time _____

*2nd day _____ Time _____

First child's name _____

Birthdate ____/____/____

Male Female

Class Level _____

First choice class day _____ Time _____

*2nd day _____ Time _____

Second choice class day _____ Time _____

*2nd day _____ Time _____