

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 rebound with good form, Backbend kickover utilizing both wedge mat and floor, Front Limber, Back Handspring with good form using barrel, Back Handspring drills (60 min 1x/wk).

tumbling 3:

Back Walkover, Standing Back Handspring on floor, Round-off Back Handspring on TumbTrak, Round-off Back Handspring on floor, Round-off 2 Back Handsprings on TumbTrak, 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 always 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 gladly provide a refund for your tuition (registration fee is non-refundable) up to the start date of the session---JANUARY 9th for Session#3 and MARCH 6th for Session #4. 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.**

***MBGF reserves the right to move a child (after evaluation) to the appropriate level if he/she is signed up for a class he/she is not ready for.**

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

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

class	tuition SCHEDULE					
	Session #3 (Jan 9th- Mar 5th) 8 Week Session	Session #4 (Mar 6th- May 7th) 8 Week Session	Registration Fee (Renew in August each year)		Both Sessions and Reg. Fee	
			Single	Family	Single	Family
ALL TUMBLING	\$ 130	\$ 130	\$ 38	\$ 50	\$ 298	\$ 310

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 _____
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