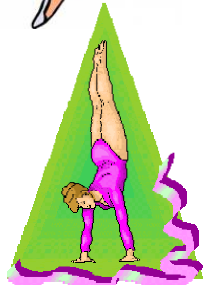
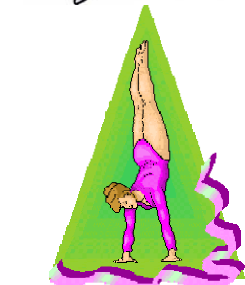
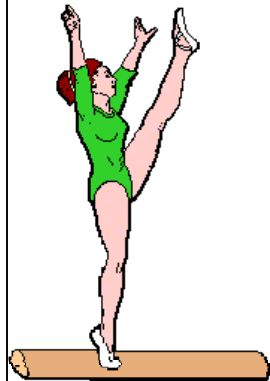
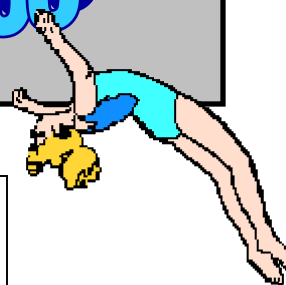
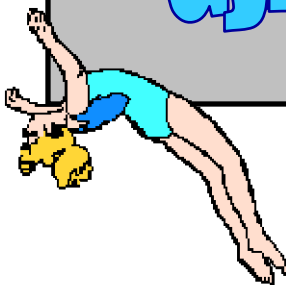


# Gymnastics Tumbling Classes



**Rockdale Gymnastics will be offering tumbling classes on Wednesdays starting February 3<sup>rd</sup>!**

**Nowell Recreation Center**

**Ages: 5 – 18 years old**

**Costs: \$55/month**

(\$25 yearly registration fee)

**\*\*\* Available Classes \*\*\***

Levels	Days	Class Time
Beg	Wed.	3:45pm – 4:40pm
Beg/Int	Wed.	4:35pm – 5:30pm
Beg/Int	Wed.	5:25pm – 6:20pm
Adv	Wed.	6:15pm – 7:10pm
Groups	Wed.	7:05pm – 8:00pm

Level Descriptions

- Beginner – A class for students to learn basic tumbling beginning with cartwheels, round-offs and the mechanics of a back handspring.
- Intermediate – For students who can perform round-offs and who have learned the basic mechanics of a back handspring.
- Advanced – Students must be able to perform a round-off back handspring without assistance and are working towards additional tricks.
- Groups - For middle school, high school and all-star teams who want to improve their team tumbling skills.

**Register TODAY!**

Dear Parents& Participants:

Thank you for your interest in our new tumbling classes, which will take place at the Nowell Recreation Center. The staff from Rockdale Gymnastics, Cheerleading and Dance in partnership with the Walton County Parks and Recreation Department will conduct all classes. We are pleased to offer classes on Wednesday nights starting at 3:45pm and ending at 8:00pm. Each class will include a warm up and 55 minutes of gym instruction. We are offering classes at the beginner, intermediate and advance levels.

These classes are for students age 5-18. Recreation, middle school, high schools and all-stars cheerleading squad are welcomed at a group rate. Please have your coach or advisor contact us to set up a group rate.

There is a \$25 yearly registration fee that must be paid to “Rockdale Gymnastics” in the form of check, cash or money order. Students must pay a monthly fee of \$55, which includes 4 tumbling classes per month. Payment is due by the 1st of each month and must be paid to Walton County Board of Commissioners (WCBOC).

Classes will begin on February 3<sup>rd</sup> and continue through May. There will be no classes during the months of June & July. Classes will pick back up in August and continue through October. There is no contract. You may chose to participate from month to month as long as you have paid the \$25 registration fee.

Those who join a class mid-month will be charged a prorated amount for that month. Sign up is on going as long as there is a space in the available in the chosen class.

All participants are to wear comfortable clothes and their footwear of choice (sneakers or barefoot).

For more information contact Felker Community Center at (770) 266-1638 or email [Nicole.Duncan@co.walton.ga.us](mailto:Nicole.Duncan@co.walton.ga.us).

For more information on Rockdale Gymnastics visit us on the web at [www.rockdalegymnastics.com](http://www.rockdalegymnastics.com).

Sincerely,  
Rockdale Gymnastics, Cheerleading & Dance and  
Walton County Parks & Recreation Staff