

BIRTHDAY PARTIES

We love to party!
Let us host your special day.
View our website for details.

**Tumbl-weeds coaches
are safety certified
in gymnastics.**

*Our programs are challenging for students to encourage them to strive towards achievement.

**Tumbl-weeds, LLC
Owner: Kelle White-Fritz**

1241 E. Chandler Blvd.
Studio 124
Phoenix, AZ 85048

Phone: 480.203.1108
www.tumbl-weeds.com

Our Mission Statement

Tumbl-weeds is a fitness facility dedicated to providing a safe & friendly environment while enhancing both physical & mental development. We focus on inspiring children in the area of fitness while nurturing each child's individuality. We teach positive life skills of fitness, self confidence & discipline through personal accomplishments.

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January – May 2010



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Class Schedule

Monday: 3:45-4:40 Tumbl-wheelers 6-8 yrs
4:50-5:45 Tumbl-tuffettes 9-11 yrs
5:55-6:50 Boys (sports agility)7-9 yrs

Tuesday: 3:30-4:25 Tumbl-wheelers 6-8 yrs
4:35-5:30 Tumbl-tuffettes 9-11 yrs

Wednesday: 12:30-1:00 YMCA Montessori
1:30-2:25 Tiny Tumbl 4-5 yrs
4:25-5:20 Tumbl-wheelers 6-8 yrs
5:30-6:25 Teen-tumbl/Cheer 12+

Thursday: 4:00-4:55 Tumbl-wheelers 6-8 yrs
5:05-6:00 Tumbl-tuffettes 9-11 yrs
6:10-7:05 Tumbl-tuffies (Boys only)

Saturday: 9:00 – 9:55 Tiny Tumbl 4-5 yrs
10:00-10:55 Tumbl-wheelers 6-8 yrs
11:05-12:00 Tumbl-tuffettes 9-11 yrs

Private Lessons

We have private lessons available for extra practice or a better fit for your already busy schedule.

\$15 for ½ hr or \$25 for 1 hr.

Session Dates

January thru May 2010

MONTHLY sessions ~4 week class schedule.

Per request, we've moved to a four week class schedule. If it's more convenient for you, we accept payment up to 8 weeks (two sessions).

Leotard Collection

Tumbl-weeds has a modest collection of leotards for you to purchase. We are an exclusive retailer for these high quality leotards which add style & fun to any work out!

Community

Ask about earning a "Healthy Lifestyle" or "Strength & Courageous" badge for your Brownies, Girl Scout or Cub Scout troops.

Class Fees

There is an annual, non-refundable after the first class, registration fee of \$20 for the first child, \$15 for the second & \$15 for the third.

The cost of a monthly session is \$57 (one 55 minute class per week) 10% discount for more than one class per child per week.

Class Description

1. Tiny Tumbl: ages 4-5 yrs.
We teach hand-eye coordination, balance, cartwheels & jumping.
2. Tumbl-wheelers: ages 6-8 yrs.
Curriculum includes correct body positioning, balance & basic gymnastics.
3. Tumbl-tuffies: ages 7-9 Boys only
We focus on flexibility, strength, & progressive development of beginning gymnastics skills on equipment
4. Tumbl-tuffettes: ages 9-11 yrs.
We focus on flexibility, strength, & progressive development of beginning gymnastics skills on equipment.
5. Teen-tumbl: ages 12+ yrs.
We focus on flexibility, strength, & tumbling skills.



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