

# —J & J Tumbling Classes In Byron—

J & J Tumbling and Trampoline from Pecatonica, IL, will be offering recreational tumbling instruction in Byron for boys and girls, ages 3 - 8 years. J & J's forty-two year old comprehensive and sequential program of instruction has produced many state and national champions, resulting in numerous individual and team awards. Now is the perfect time for your child to learn the elements of tumbling. It is a great motor development sport for all children. Participants will receive a certificate and ribbon at the end of each session. **6 Week Sessions.**

(\*An All Boys 4 & 5 Yr. Old Class Will Be Held If Enough Interest)

*Please note that class times may be adjusted and children may be moved to best suit their abilities and accomodate age groupings. Make-Up Classes Are Not Available. Direct all questions to the Byron Park District at 815-234-8435.*

**Tumble Tots I: Ages: 3 yr. olds**

This class emphasizes working on large motor skills, listening, and taking direction. Students will be practicing log rolls, forward rolls, jumping, handstand preparation, and balancing in a safe, fun environment.

**Tumble Tots II: Ages: 3.5 - 4 yr. olds**

Children in this class will work on large motor skills, listening, and will begin working in stations. Students will be practicing log rolls, forward rolls, backward rolls, bridges, jumping, handstand preparation, cartwheels, and balancing in a safe, fun environment.

**Super Tots I: Ages: 4 yr. olds + experience**

This class is for 4 year olds who have completed Tumble Tots II, have previous tumbling experience or have instructor permission. Students are introduced to several body positions and skills including bridges, forward and backward rolls, handstands, and cartwheels in a playful atmosphere.

**Super Tots II: Ages: 5 yr. olds**

Students in this level will be introduced to cartwheels and handstand variations with more emphasis on form. Students will work skills, strengthening, and coordination at individual stations.

**Beginner I: Ages: 6 yr. olds**

This class introduces the student to the basic tumbling safety, positions, and skills. Emphasis will be on standing bridges, forward and backward rolls, handstands, and cartwheels. Students will also advance to cartwheel step-ins, round-offs, and front and back walkovers. Strengthening, conditioning, and flexibility drills are included.

**Beginner II: Ages: 7-8 yr. olds**

This class continues to work on Beginner I level skills including handstands, cartwheels, round-offs, and front and back walkovers. Strengthening, conditioning, and flexibility drills are included.

**CLASS MIN/MAX:** 3/6 for Tumble Tots  
3/8 for Super Tots & Beginner

**DAY:** Friday Evenings

**Winter Session 2012:**

<u>CODE</u>	<u>LEVEL</u>	<u>DATES</u>	<u>TIME</u>
211350-B1	Tumble Tots I	1/13 - 2/17	5:00 - 5:30 pm
211350-B2	Tumble Tots II	1/13 - 2/17	5:30 - 6:00 pm
211350-B3	Super Tots I	1/13 - 2/17	6:00 - 6:30 pm
211350-B4	Super Tots II	1/13 - 2/17	6:30 - 7:15 pm
211350-B5	Beginner I	1/13 - 2/17	7:15 - 8:00 pm
211350-B6	Beginner II	1/13 - 2/17	8:00 - 8:45 pm

**Spring Session 2012:**

<u>CODE</u>	<u>LEVEL</u>	<u>DATES</u>	<u>TIME</u>
311350-B1	Tumble Tots I	2/24 - 3/30	5:00 - 5:30 pm
311350-B2	Tumble Tots II	2/24 - 3/30	5:30 - 6:00 pm
311350-B3	Super Tots I	2/24 - 3/30	6:00 - 6:30 pm
311350-B4	Super Tots II	2/24 - 3/30	6:30 - 7:15 pm
311350-B5	Beginner I	2/24 - 3/30	7:15 - 8:00 pm
311350-B6	Beginner II	2/24 - 3/30	8:00 - 8:45 pm

**FEES:** \$54/\$58 (Tumble Tots & Super Tots I)  
\$63/\$67 (Super Tots II, Beginner)

**WHERE:** Aerobics Room, Byron P.E. Center

**INSTRUCTOR:** Dana Woods

**REGISTRATION DEADLINES:** 1/2 & 2/13

(\*\$5 Discount if registered by the deadline dates)

**TUMBLING CLASSES**

*Winter/Spring 2012*

Name: \_\_\_\_\_ Gender: M F Birthdate: \_\_\_\_\_  
 Address/City/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Primary Guardian: \_\_\_\_\_ Email: \_\_\_\_\_  
 Emergency Contact & Phone: \_\_\_\_\_  
 Payment: Cash Check \_\_\_\_\_ Credit Card: \_\_ AM EXP \_\_ Discover \_\_ MC \_\_ Visa Exp. \_\_\_\_\_  
 Card #: \_\_\_\_\_ Cardholder's Name: \_\_\_\_\_

**Please Circle the Class Session you are registering for:**

211350-B1 211350-B2 211350-B3 211350-B4 211350-B5 211350-B6  
 311350-B1 311350-B2 311350-B3 311350-B4 211350-B5 311350-B6

**FEES:** \$53/\$58 (Tumble Tots I & II; Super Tots I) \$62/\$67 (Super Tots II; Beginner I & II)

**\*\* All new participants must also complete a J & J Waiver Form \*\***

**BYRON PARK DISTRICT P.O. BOX 423 BYRON, IL 61010 815-234-8435**

**RELEASE OF LIABILITY STATEMENT**

In consideration of me (or my child/ward) being allowed to enroll in this course(s), I hereby personally assume all risks in connection with this activity and I release the instructors, supervisors, owners and the Byron Park District for any injury or damage and further I save and hold harmless the instructors, supervisors, owners and the Byron Park District from any claim by me, my family, estate, heirs, or assigns, arising out of my enrollment and participation.

I have read and fully understand the above program details and waiver release of all claims.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date