

# ***FORCE ATHLETICS***

## ***RECREATIONAL TUMBLING PROGRAM***

**CLASSES BEGIN SEPTEMBER 13, 2009**

- ✓ Learn safe, proper tumbling techniques from well trained, certified tumbling coaches in a well equipped, 5,000 sq. foot facility!
- ✓ Build skills for your All star, School, or Recreational cheer teams!
- ✓ Classes for boys & girls, all ages and experience levels!

Classes are held on Sundays in September and October.  
November through March, classes will alternate between Saturdays and Sundays.  
(An exact program schedule will be given in class.)

### **Tumbling Levels Offered:**

- ***Tiny Tumblers*** – Level 1 Tumbling – 11 to noon - Ages 3 ½ to 5 ½
- ***Thunder*** – Levels 1-2 – 12 noon to 1:15 - Ages 5 ½ and up  
(No previous skill or experience required for this level of tumbling.)
- ***Lightning*** – Levels 3-5 - 1:30 to 3pm - Ages 7 and up  
(Must already successfully execute a back handspring to attend this level.)

Cost: \$45 per month for Tiny Tumblers  
\$60 per month for Thunder and Lightning

Each athlete receives:

- Personal locker to store their belongings
- Personal mailbox with important gym info
- Free gift with registration
- Free gift upon completion of program

We reserve the right to close classes once they are full, and cancel classes with less than 4 students.  
In the event that this occurs, a member of our staff will contact you to discuss other open classes.

***COME TRY US OUT  
FOR FREE!!!!***

***Bring this coupon in for 2  
free tumbling sessions on  
Mondays and/or Tuesdays  
in August***

IF INTERESTED, PLEASE CONTACT COACH COLLEEN AT:

***FORCE ATHLETICS ALL STARS***  
4324 Bryant Road Allison Park, PA 15101  
(412) 600-4169  
[www.forceathletics.net](http://www.forceathletics.net)  
[forceathletics@hotmail.com](mailto:forceathletics@hotmail.com)

\*\*Have an ALL STAR BIRTHDAY CELEBRATION AT FORCE ATHLETICS  
Please visit our website for information regarding our birthday parties