

FALL 2017

Sept-Nov

Class Fees: \$35 per month.
One class per week.
Join anytime!



Gymnastics

KinderKids: Ages 2-6. This class introduces & improves gymnastics and tumbling fundamentals. Age appropriate activities enhance gross and fine motor skills on pint size equipment designed just for them! Athletes develop strength & flexibility, increase balance & coordination, learn how to use gym equipment, follow routines & demonstrate basic milestone skills.

- Monday 5:35 - 6:20 p.m. (ages 3-6)
- Tuesday 10-10:45 a.m. (*starts Sept 19*)
- Thursday 4:40 - 5:25 p.m. (ages 3-6)
- Saturday 9:15-10 a.m. (ages 2-3)
- Saturday 10:10-10:55 a.m. (ages 4-6)

Jam & Slam: Ages 6-17. This beginner and advanced beginner class is for athletes new to gymnastics or who want to improve their basic skills. Learn bars, beam, floor & vault. They will improve their flexibility, speed, agility, coordination, timing and strength.

- Monday 4:25 - 5:25 p.m.
- Tuesday 11 a.m.- noon (*starts Sept 19*)
- Tuesday 5:20 - 6:20 p.m.
- Saturday 11 a.m.- noon

Open Gym: Ages 6-17. Want extra practice time? Work on your gymnastics and tumbling skills in a supervised gym. \$5 current students, \$10 drop-in only participants.

- Thursday 6:30-7:30 p.m.

Cheerleading

Cheernastics: Ages 6-17. Learn basic tumbling skills for routines and competitions. Cheerleaders will learn basic jumps, forward rolls, cartwheels, round-offs, handsprings, tucks, splits and so much more!

- Monday 6:30-7:30 p.m.

NEW! CHEER SQUADS: by appt. only

Does your cheer squad need additional practice on their tumbling skills? Private squads can get assistance from a certified coach to help them improve their tumbling.

Call Reed Park (918)591-4307 to reserve a spot for your team. Tuesdays, 6:30 - 7:30 p.m.

\$8 per person. Min: 6 cheerleaders.

Team Gymnastics

Join the Reed Park Warriors and compete in the Park & Rec Gymnastics League!

Practice 2 days per week. \$75 per month. Meet fees, league fees & uniform costs are extra.

Monday, Tuesday, Wednesday, Thursday, 5:15-6:45 p.m. or Saturday, 11 a.m.-12:30 p.m.

Talk to Coach Keri for more info.

TULSA  PARKS

Reed Park • 4233 S. Yukon (918) 591- 4307