



CHEERNASTICS

Ages 6-17. Learn basic tumbling skills for routines and competitions. Cheerleaders will learn basic jumps, cartwheels, round-offs, handsprings, splits, and more!

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

JR. NINJA WARRIORS

Ages 4 & Up. Discover your inner Ninja! Your child will learn confidence, agility and coordination. Using obstacle course training techniques, your child will gain the disciplines of gymnastics and freestyle movement.

Monday 11 a.m. - noon

Wednesday 6 - 7 p.m.

TEAM GYMNASTICS

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

Level 1 & 2 - \$75 per month

Level 3 & Up - \$85 per month

League fees and uniform costs are extra.

For more info on joining, speak with Coach Keri.

Reed Park • 4233 S. Yukon Ave.

(918) 591- 4307

www.tulsaparks.org

TULSA PARKS



SUMMER SKILLS CLINICS

Check out these great clinics being offered at Reed this summer! All levels welcome.

Ages 6 & Up

Day: Monday **Time:** 5:15 - 6:30 p.m.

Cost per clinic: Current students/\$5
Non-students/

- Back Handspring June 4
- Back Handspring June 11
- Front Handspring June 18
- Aerial July 9
- Front Tuck July 16
- Back Tuck July 30

SUMMER GYMNASTICS CAMPS @ REED

“Totally Tumbling” Camp

Ages 6-17, Co-ed. This week-long camp focuses on basic tumbling skills including round-offs, aerials, walk-overs, & much more. Wear a leotard or shorts and a t-shirt. Bring a snack and water bottle.

June 25 - 29

9 a.m. - noon

Cost: \$75

“Jump Into Gymnastics” Camp

Ages 6-17, Co-ed. This week-long camp focuses on basic gymnastics skills such as balance beam, bars, spring vault, & more. Wear a leotard or shorts and a t-shirt. Bring a snack and water bottle.

July 23 - 27

9 a.m. - noon

Cost: \$75

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

GYMNASTICS

KinderKids: Ages 1.5-6. This class teaches tumbling and fundamentals. Children learn flexibility and balance, along with class routines and creative movement.

Monday 9:30 - 10:15 a.m. (ages 3-6)

Wednesday 9:30 - 10:15 a.m. (ages 1.5-3)

Thursday 4:30 - 5:15 p.m. (ages 3-6)

Saturday 9:15 - 10 a.m. (ages 1.5-3)

Saturday 10:10 - 10:55 a.m. (ages 3-6)

Jam & Slam: Ages 6-17. This program is designed to enhance confidence, flexibility, strength, and coordination. Children will learn bars, beam, vault, and tumbling skills. All levels welcome.

Wednesday 10:30 - 11:30 a.m.

Wednesday 5 - 6 p.m.

Thursday 6:45 - 7:45 p.m.

Saturday 11 a.m. - noon