

REED GYMNASTICS

FALL 2018

Sept.-Nov.

Cost: \$35 per month.
One class per week. Join anytime!
Enroll in person or online at
<http://guide.tulsaparks.org>.

JR. NINJA WARRIORS

Ages 6 & Up - Boys. Discover your inner Ninja! This coach-lead class for boys works on strength, speed, stamina, and basic tumbling training.

- **Tuesdays 4:30 - 5:15 p.m.**

CHEERNASTICS

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

- **Mondays 6:30 - 7:30 p.m.**

GYMNASTICS

Mommy & Me: Ages 6-36 months.

A parent-assisted class designed for sensory exploration and muscle development.

- **Wednesdays 9:15 - 9:45 a.m.**

Tumbling Tots: Ages 1.5-3.

This parent-assisted class focuses on sensory exploration and muscle development.

- **Saturdays 9:15 - 10 a.m.**

KinderKids: Ages 3-5.

This class teaches tumbling and fundamentals. Children learn flexibility, balance and creative movement.

- **Wednesdays 10 - 10:45 a.m.**
- **Thursdays 4:30 - 5:15 p.m.**
- **Saturdays 10 - 10:45 a.m.**

Jam & Slam: Ages 6-17.

This co-ed program is coach-lead and geared toward training on bars, beam, floor, and vault. All levels welcome.

- **Mondays 5:30 - 6:30 p.m.**
- **Wednesdays 11 a.m. - noon**
- **Saturdays 10 - 11 a.m.**

TEAM WARRIORS

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

Team Practice Times:

choose two of the listed times

- **Tuesdays**
 - Level 1 - 2 5:30 - 7 p.m.
 - Level 3 or higher 5:30 - 7:30 p.m.
- **Thursdays**
 - Level 1 - 2 5:30 - 7 p.m.
 - Level 3 or higher 5:30 - 7:30 p.m.
- **Saturdays**
 - All levels 11 - 12:30 p.m.

League fees and uniform costs are extra.

For more info on joining,
 speak with Coach Keri.

P.A.R.K. stands for our core values:
Positivity, Accountability, Respect & Kindness These are the values we instill in all children that come through our program.



Reed Park • 4233 S. Yukon Ave.

(918) 591-4307

www.tulsaparks.org

TULSA PARKS

