



Tumbleweeds



Tumbling, bouncing, somersaults and more – Start at the PAC!

Tumbleweeds is a unique program with a specialized curriculum that will benefit your child’s social, physical, and psychological health. From improving physical skills such as body awareness, flexibility, and strength to mental aspects such as self-esteem and confidence, Tumbleweeds classes promote the development of accomplished children. Tumbleweeds provides a solid foundation of physical literacy and cognitive tools to promote an active lifestyle as children mature. Children will have a great time progressing through friendly and non-competitive classes designed to provide increased skill development, allowing kids to have fun while focusing on achievement at their own pace.

Tumbleweeds is divided into three primary categories, beginning with parent/child classes for infants and toddlers, pre-k level classes for kids ages 3 – 4, and progressing into increasingly advanced movement skills for children ages 5 – 6. Our trained instructors are sensitive to children’s individual abilities and personalities as they help guide you and your child through the various levels of the program. Kids can enter the program at any age and begin building the skills and self-esteem that will help them be successful, now and in the future.

Teeny Weeds – Parent and child classes for ages 1½ to 3 years of age

The parent and tot classes will encourage parents to learn and play with their children. A fun experience for parents to participate with their child and provide some structured play.

Tiny Weeds – Children aged 3 – 4

An introduction to the major movement patterns of gymnastics: springs, swings, balance, locomotions and rotations. Children will develop a new and better understanding of their body’s relationship to the world around them.

Mini Weeds – Children aged 4 - 5

While remembering that these children are motivated by FUN, we use a series of progressions to teach them some exciting movements!

All classes will be 45 minutes in length and the instructor to student ratio will never exceed 6:1.

The Tumbleweeds program will take place in the College of Kinesiology Physical Activity Complex in the Tumbleweeds facility, which is a 5000 sq ft. multipurpose room that includes a spring floor, beams, mats, ropes, rings, apparatus, and more. It is a fun, friendly environment that offers something for everyone and all levels.



Fall Session (10 weeks)	September 11 - December 9, 2017	\$125
Winter Session (10 weeks)	January 8 - April 7, 2018	\$125

Times

Monday	September 11 - November 27, 2017
	<i>(No class October 9 - Thanksgiving Day)</i>
	<i>(No class November 13 - University Break)</i>
	January 8 - March 19, 2018
	<i>(No class February 19 - Family Day/University Break)</i>
4:30 pm - 5:15 pm	Teeny Weeds (18 mos - 3 yrs)
5:20 pm - 6:05 pm	Tiny Weeds (3 - 4 yrs)
6:10 pm - 6:55 pm	Mini Weeds (4 - 5 yrs)
Tuesday	September 12 - November 28, 2017
	<i>(No Class October 31 Halloween)</i>
	<i>(No Class November 14 - University Break)</i>
	January 9 - March 20, 2018
	<i>(No Class February 20 - University Break)</i>
4:30 pm - 5:15 pm	Mini Weeds (4 - 5 yrs)
5:20 pm - 6:05 pm	Teeny Weeds (18 mos - 3 yrs)
6:10 pm - 6:55 pm	Tiny Weeds (3 - 4 yrs)
Wednesday	September 13 - November 22, 2017
	<i>(No class November 15 - University Break)</i>
	January 10 - March 21, 2018
	<i>(No class February 21 - University Break)</i>
4:30 pm - 5:15 pm	Tiny Weeds (3 - 4 yrs)
5:20 pm - 6:05 pm	Mini Weeds (4 - 5 yrs)
6:10 pm - 6:55 pm	Teeny Weeds (18 mos - 3 yrs)
Thursday	September 14 - November 23, 2017
	<i>(No class November 16 - University Break)</i>
	January 11 - March 22, 2018
	<i>(No class February 22 - University Break)</i>
4:30 pm - 5:15 pm	Teeny Weeds (18 mos - 3 yrs)
5:20 pm - 6:05 pm	Tiny Weeds (3 - 4 yrs)
6:10 pm - 6:55 pm	Mini Weeds (4 - 5 yrs)
Friday	September 15 - November 24, 2017
	<i>(No Class November 17 - University Break)</i>
	January 12 - March 23, 2018
	<i>(No class February 23 - University Break)</i>
4:30 pm - 5:15 pm	Mini Weeds (4 - 5 yrs)
5:20 pm - 6:05 pm	Teeny Weeds (18 mos - 3 yrs)
6:10 pm - 6:55 pm	Tiny Weeds (3 - 4 yrs)
Saturday	September 16 - December 9, 2017
	<i>(No class October 7 - Thanksgiving Day Weekend)</i>
	<i>(No class November 11 - Remembrance Day)</i>
	<i>(No Class November 18 - University Break)</i>
	January 13 - April 7, 2018
	<i>(No class February 17 - Family Day Long Weekend)</i>
<i>(No class February 24 - University Break)</i>	
	<i>(No class March 31 - Easter Weekend)</i>
1:00 pm - 1:45 pm	Mini Weeds (4 - 5 yrs)
2:00 pm - 2:45 pm	Tiny Weeds (3 - 4 yrs)
3:00 pm - 3:45 pm	Teeny Weeds (18 mos - 3 yrs)

