



TUMBLEWEEDS

Jason Weber, Coordinator ■ Human Performance Center, University of Saskatchewan ■ 306-966-1001 ■ jason.weber@usask.ca



Tumbling, Bouncing, Somersaults and More Start at the PAC

Tumbleweeds is a unique program with a specialized curriculum that benefits your child's social, physical and psychological health. The program 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 working 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 three to four, and progressing into increasingly advanced movement skills for children ages four to five.

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.

Teeny Weeds

Parent and child classes for children ages 18 months to three years

The parent and tot classes encourage parents to learn and play with their children. Parents participate with their child in structured play.

Tiny Weeds

Ages three to four

Tiny Weeds provides an introduction to the major movement patterns of gymnastics: swings, balances, locomotions, rotations and landings. Children develop a new and better understanding of their body's relationship to the world around them.

Mini Weeds

Ages four to five

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

All classes are 50 minutes in length and the instructor to child ratio never exceeds six to one.

Location: PAC

The program takes place in the Tumbleweeds facility, which is a 5000 sq ft. multipurpose room that includes a gymnastics floor, beams, mats, ropes, rings, apparatus and more. This fun, friendly environment offers something for all levels.

Prices and Dates

Fall (10 weeks)	September 10 to December 8, 2018	\$135
Winter (10 weeks)	January 7 to March 30, 2019	\$135

Schedule

Monday	September 10 to November 26, 2018 No class October 8 (Thanksgiving), November 12 (midterm break)	January 7 to March 18, 2019 No class February 18 (Family Day/February break)
	5-5:50 pm, Teeny Weeds	
	6-6:50 pm, Tiny Weeds	
	7-7:50 pm, Mini Weeds	
Tuesday	September 11 to November 20, 2018 No class November 13 (midterm break)	January 8 to March 19, 2019 No class February 19 (midterm break)
	5-5:50 pm, Teeny Weeds	
	6-6:50 pm, Teeny Weeds	
	7-7:50 pm, Tiny Weeds	
Wednesday	September 12 to November 28, 2018 No class October 31 (Halloween), November 14 (midterm break)	January 9 to March 20, 2019 No class February 20 (midterm break)
	5-5:50 pm, Tiny Weeds	
	6-6:50 pm, Teeny Weeds	
	7-7:50 pm, Mini Weeds	
Thursday	September 13 to November 22, 2018 No class November 15 (midterm break)	January 10 to March 21, 2019 No class February 21 (midterm break)
	5-5:50 pm, Teeny Weeds	
	6-6:50 pm, Teeny Weeds	
	7-7:50 pm, Tiny Weeds	
Friday	September 14 to November 23, 2018 No class November 16 (midterm break)	January 11 to March 22, 2019 No class February 22 (midterm break)
	5-5:50 pm, Tiny Weeds	
	6-6:50 pm, Teeny Weeds	
	7-7:50 pm, Mini Weeds	
Saturday	September 15 to December 8, 2018 No class October 6 (Thanksgiving weekend), November 10 and 17 (Remembrance Day and midterm break)	January 12 to March 30, 2019 No class February 16 (Family Day weekend), February 23 (midterm break)
	1-1:50 pm, Mini Weeds	
	2-2:50 pm, Tiny Weeds	
	3-3:50 pm, Teeny Weeds	