



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TUMBLE FLIP AND ROLL

Youth Rumble Tumble Program ROCKLAND COUNTY YMCA-SUFFERN PROGRAMS

A great class for dancers, gymnasts & cheerleaders ages 5 and up to improve acrobatic & tumbling skills while gaining strength, flexibility and coordination.

Student will learn proper and safe techniques to execute tricks such as cartwheels, walkovers, back handsprings and aerials.

- **Beginner Classes:** Monday 5pm
- **Intermediate Classes:** Monday 5:45pm or Friday 4:30 pm
- **Advanced Classes:** Monday 6:30pm or Friday 5:15 or 6:15

YMCA membership required \$80 for one year
Tuition: \$248 for 16 week session

REGISTRATION: OPEN NOW

LOCATION: ROCKLAND COUNTY YMCA-SUFFERN
18 Parkside Drive
Suffern, NY 10901
845-357-4404
WWW.ROCKLANDYMCA.ORG

