

# LSF ACADEMY **TUMBLING**

## **PARENT & CHILD TUMBLING (18mo-2yrs)**

Bring balance to your life and to your little one! In this class, you and your child will learn together to help promote early development and start their journey to movement and mobility. The best part is that a parent or caregiver is along for the experience. Come to learn, stay for the fun!

**Saturdays 9:30am**

## **BITTY TUMBLING (PreK)**

Summersaults, stretches, and smiles! In this class, we will focus on learning about movement, confidence, and building strength in movements using tumbling equipment to learn a progressive program of skills.

**Thursdays 4:30pm & Saturdays 10am**

## **LIL GYMNASTS (K-1st)**

Is your child looking for an introduction to gymnastics or a recreational activity to stay active? In our lil gymnasts class, we will help them learn the basics to be successful moving forward in their skills or have a fun talent to show off. We will focus on building confidence, body awareness, and friendships through fitness.

**Thursdays 5:15pm & Saturdays 11am**

## **Session Dates:**

**FALL: Sept 3 - Nov 10**

**WINTER I: Nov 11 - Jan 26**

*(No class Nov 28, Dec 24 - Jan 1)*

**WINTER II: Jan 27 - Apr 6**

*(No class Mar 21)*

**SPRING: Apr 7 - Jun 15**

*(No class Apr 20, May 25)*

## **Pricing (10-week session)**

**Parent & Child**

30-minute class: \$330

**Bitty Tumbling**

45-minute class: \$350

**Lil Gymnasts**

45-minute class: \$350

*Services paid for with credit or debit card will incur a 4% convenience fee.*

## **Registration:**

Please enroll at MyLSF.net or register in the MyLSF app

For additional  
information contact:

[KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com)