

# 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: Aug 25 - Nov 2**

*(No class Sept 1)*

**WINTER I: Nov 3 - Jan 11**

*(No class Nov 27, Dec 24-31 - Jan 1&25)*

**WINTER II: Jan 12 - March 22**

**SPRING: March 23 - May 31**

*(No class May 26)*

## 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](http://MyLSF.net)  
or register in the MyLSF app

For additional  
information contact:

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