



Fall Schedule 2009

Call Lawrence Parks and Rec
for more info 785-832-7930

Session 1: September 14 – November 12.

Session 2: November 9 – December 14.

No classes the week of November 23-26.

Saturday,
September 19

Intro to Flight / Pee Wee Tumbling

Ages 3 - 5. Body awareness, positions, and techniques

Monday's: 5:30 - 6:25 p.m.

Wednesday's: 4:30 - 5:25 p.m.

Saturday's: 11 - 11:55 a.m.

Flight Test / Beginner Tumbling

Ages 6 - 11. Rolls, inversion cartwheel variations

Monday's: 4:30 - 5:25 p.m.

Wednesday's: 5:30 - 6:25 p.m.

Saturday's: 10 - 10:55 a.m.

Air Control / Intermediate 1

Ages 6 - 11. Beginning round offs & back handsprings

Thursday's: 6:30 - 7:25 p.m.

Saturday's: 11 - 11:55 a.m.

Air Control / Intermediate 2

Ages 6 - 11. Finish back handsprings & connecting

Wednesday's: 7:00 - 8:25 p.m.

Thursday's: 4:30 - 5:55 p.m.

Airbone/Advanced

Ages 12 - 18. Multiple handsprings, flipping and twisting.

Must have standing and round-off back handspring.

Monday's: 6:30 - 7:55 p.m.

Thursday's: 4:30 - 5:55 p.m.

Elite

Ages 10 - 18. Must have mastered roundoff back handspring tuck and layout. Begin twisting skills, multiple rotations & advanced skill combinations.

Director approval required!

Wednesday's: 5:30 - 6:55 p.m.

Saturday's: 10 - 11:25 p.m.

Hawk Tumbling—Back Tuck (Team only)

Wednesday's 6:00 - 6:55 p.m.

Back Handspring

Ages 6 - 11. Standing and round off back handsprings. Must have a perfected round off!

Tuesday's: 5 - 5:55 p.m.

Thursday's: 7:30 - 8:25 p.m.

Back Tuck

Standing and running tucks

Monday's: 6:00 - 6:55

Tuesday's: 6:00 - 6:55

Jet Tumble

Ages 12 - 16. For area cheerleaders to learn and work on back handsprings, flipping, and other skills.

Tuesday's: 7 - 8:25 p.m.

College Tumbling

Ages 16 - 24. For the older student wanting to improve their skills, no matter what your ability level

Wednesday's: 7:30 - 8:55 p.m.

Cheer

Ages 6 - 11. Introductory class will introduce a variety of cheerleading techniques and cheer tumbling.

Tuesday's: 7:30 - 8:25 p.m.

Thursday's: 6:30 - 7:25 p.m.

Coed Stunting 1 & 2

Ages 12 - 18. Learn how to coed stunt

Monday's: 7:00 - 7:55 p.m.

Wednesday's: 6:30 - 7:25 p.m.

KU Spirit Day

Ages 6 and up. Hosted by KU Cheer Squad and Dancers. Two-Hour cheer and dance clinic at G-Force on 9/18 then cheer on the Jayhawks at the game! Perform at half-time!

Parent / Tot

Ages 1 1/2 - 3. Toddlers will get to explore movement, body awareness, coordination and balance while bonding with the parent.

Monday's: 6:30 - 7:15 p.m.

Tuesday's: 6:00 - 6:45 p.m.

GI Joe

Ages 7 - 11. For boys who want activity and challenge, but not a tumbling class. Focuses on sports skills such as strength, agility, speed and teamwork. Will be introduced to trampoline safety and basic tumbling skills occasionally.

Monday's: 5:30 - 6:25 p.m.

Boys Tumbling

Ages 7 - 11. Tumbling skills, trampoline safety and skill progressions. An ideal place for boys who want to explore tumbling & trampoline

Wednesday's: 4:30 - 5:25 p.m.

Thursday's: 5:30 - 6:25 p.m.

Trampoline

Ages 6 - 11. Fun skills for tramp along with safety and body control.

Monday's: 4:30 - 5:25 p.m.

Wednesday's: 5:30 - 6:25 p.m.

Standing Tumbling

Ages 8 - 18. Standing handsprings, flips, and more!

Wednesday's: 4:30 - 5:25 p.m.

Open Gym (\$3)
Monday 8 - 10 pm
Saturday Noon - 2