



# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## PARENT/CHILD CLASSES

### Tumbling - You & Me

Let's roll! Develop skills together that promote coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport.

Peninsula Park Community Center	ages: 1-3	1063355	W	9:30-10am	1/11-2/8	\$25
Peninsula Park Community Center	ages: 1-3	1063363	W	9:30-10am	2/15-3/15	\$25
Peninsula Park Community Center	ages: 1-3	1063628	F	10:15-10:45am	1/13-2/10	\$20
Peninsula Park Community Center	ages: 1-3	1063633	F	10:15-10:45am	2/17-3/17	\$25
Peninsula Park Community Center	ages: 1-3	1063644	Sa	11:30am-12pm	1/14-3/18	\$50

### Tumbling - Tiny Tots

Parents! Join your child in an introduction to gymnastics & tumbling using animal walks, jumping, swinging & springing skills. Increase body awareness, balance, strength & flexibility.

Charles Jordan Community Center	ages: 1-3	1061926	Tu	11:50am-12:20pm	1/10-2/7	\$22
Charles Jordan Community Center	ages: 1-3	1061927	Tu	11:50am-12:20pm	2/14-3/14	\$22
Charles Jordan Community Center	ages: 1-3	1061928	Th	11:50am-12:20pm	1/12-2/9	\$22
Charles Jordan Community Center	ages: 1-3	1061929	Th	11:50am-12:20pm	2/16-3/16	\$22
Sellwood Community Center	ages: 1-3	1063345	F	11-11:30am	2/17-3/17	\$22
Sellwood Community Center	ages: 1-2	1063035	F	10:45-11:15am	1/13-2/10	\$22
St Johns Community Center	ages: 1-3	1063042	Tu	10-10:30am	1/11-2/7	\$22
St Johns Community Center	ages: 1-3	1063045	Tu	10-10:30am	2/14-3/14	\$22
St Johns Community Center	ages: 1-3	1063053	Sa	11-11:30am	1/14-2/11	\$22

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# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## PARENT/CHILD CLASSES

### Tumbling - Gym Dandies

Do you like to turn upside down? To climb & jump? Tumbling, gymnastic & acrobatic basics explored together with music, mats & movement. Increase balance, mobility & socialization skills using imagination & increasing listening skills. It's flippin' fun!

Montavilla Community Center	ages: 1-3	1063278	Tu	9:15-9:45am	1/10-2/7	\$25
Montavilla Community Center	ages: 1-3	1063294	Tu	9:15-9:45am	2/14-3/14	\$25
Montavilla Community Center	ages: 1-3	1063277	Sa	9:15-9:45am	1/14-2/11	\$25
Montavilla Community Center	ages: 1-3	1063290	Sa	9:15-9:45am	2/18-3/18	\$25
Montavilla Community Center	ages: 1-3	1063578	Sa	9:50-10:20am	1/14-2/11	\$25
Montavilla Community Center	ages: 1-3	1063579	Sa	9:50-10:20am	2/18-3/18	\$25
Peninsula Park Community Center	ages: 1-3	1063352	W	2:30-3pm	1/11-2/8	\$25
Peninsula Park Community Center	ages: 1-3	1063359	W	2:30-3pm	2/15-3/15	\$25
Peninsula Park Community Center	ages: 1-3	1063641	Sa	8:45-9:15am	1/14-3/18	\$50
Southwest Community Center	ages: 1-3	1063650	Th	9:30-10am	1/12-2/9	\$25
Southwest Community Center	ages: 1-3	1063655	Th	9:30-10am	2/16-3/16	\$25

### Tumbling - Rumble, Tumble & Roll

Here's a chance for your child to exercise their large motor skills! Movement explored & developed through songs, free play on the mats, obstacle courses & creative movement that build strength, flexibility & endurance. Let's roll!

East Portland Community Center	ages: 2-4	1061293	Th	10-10:30am	1/12-2/9	\$25
East Portland Community Center	ages: 2-4	1061296	Th	10-10:30am	2/16-3/16	\$25
Montavilla Community Center	ages: 2-3	1063281	W	9:50-10:20am	1/11-2/8	\$25
Montavilla Community Center	ages: 2-3	1063293	W	9:50-10:20am	2/15-3/15	\$25
Montavilla Community Center	ages: 2-3	1063280	Sa	10:35-11:05am	1/14-2/11	\$25
Montavilla Community Center	ages: 2-3	1063292	Sa	10:35-11:05am	2/18-3/18	\$25
Peninsula Park Community Center	ages: 2-3	1063353	W	10:15-10:45am	1/11-2/8	\$25
Peninsula Park Community Center	ages: 2-3	1063361	W	10:15-10:45am	2/15-3/15	\$25
Peninsula Park Community Center	ages: 2-3	1063626	F	11-11:30am	1/13-2/10	\$20
Peninsula Park Community Center	ages: 2-3	1063631	F	11-11:30am	2/17-3/17	\$25
Southwest Community Center	ages: 2-4	1063479	Tu	10:30-11am	1/10-2/7	\$25
Southwest Community Center	ages: 2-4	1063480	Tu	10:30-11am	2/14-3/14	\$25
Southwest Community Center	ages: 2-4	1063606	W	11:30am-12pm	1/11-2/8	\$25
Southwest Community Center	ages: 2-4	1063613	W	11:30am-12pm	2/15-3/15	\$25
Southwest Community Center	ages: 2-4	1063651	Th	10:15-10:45am	1/12-2/9	\$25
Southwest Community Center	ages: 2-4	1063656	Th	10:15-10:45am	2/16-3/16	\$25





# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## PARENT/CHILD CLASSES

### Tumbling - Twisting Tadpoles

Challenge your wee-one through obstacle courses, skill stations & physical problem solving. Together, increase coordination & body awareness by rolling, crawling & springing into toddler tumbling! Support your child as they develop new skills to help them reach the next step! Wiggle, Jump & Roll!

Laurelhurst Studio	ages: 2-4	1062469	Tu	2:30-3pm	1/10-2/7	\$25
Laurelhurst Studio	ages: 2-4	1062496	Tu	2:30-3pm	2/14-3/14	\$25
Laurelhurst Studio	ages: 2-4	1062468	W	10:45-11:15am	1/11-2/8	\$25
Laurelhurst Studio	ages: 2-4	1062495	W	10:45-11:15am	2/15-3/15	\$25
St Johns Community Center	ages: 2-4	1063049	Sa	9:15-9:45am	1/14-2/11	\$25
St Johns Community Center	ages: 2-4	1063056	Sa	9:15-9:45am	2/18-3/18	\$25

### Tumbling - Romp & Roll

Leap, flip & spin! Together, explore animal walks, swinging & springing in an introduction to tumbling. Gain strength & flexibility by playing independent & group games. Just move it!

St Johns Community Center	ages: 2-4	1063043	Tu	10:45-11:15am	1/10-2/7	\$22
St Johns Community Center	ages: 2-4	1063046	Tu	10:45-11:15am	2/14-3/14	\$22

### Gymnastics - You & Me

Stretch! Jump! Roll! Develop skills together that promote coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport.

Peninsula Park Community Center	ages: 2-4	1063358	W	12-12:45pm	1/11-2/8	\$37.50
Peninsula Park Community Center	ages: 2-4	1063364	W	12-12:45pm	2/15-3/15	\$37.50
Mt Scott Community Center	ages: 1-2	1063934	M	12-12:45pm	1/9-2/6	\$30
Mt Scott Community Center	ages: 1-2	1063945	M	12-12:45pm	2/13-3/13	\$30

### Gymnastics - Jump Start

Gymnastics enhances the development of cognitive & gross motor skills! This is an introduction to floor, bars, beam & vault with an emphasis on listening skills & line movement. Your child will learn beginning skills with obstacle courses, music & games.

Mt Scott Community Center	ages: 2-3	1063935	M	1-1:45pm	1/9-2/6	\$30
Mt Scott Community Center	ages: 2-3	1063946	M	1-1:45pm	2/13-3/13	\$30



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# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## PRESCHOOL & YOUTH TUMBLING

### Tumbling - Twirl, Turn & Twist

Does your child start moving when the music begins? Discover the joys of combining gymnastics & dance through movement, music, tumbling & apparatus. Gain musicality, poise, balance & flexibility as you tumble & twirl. A whirling world of toppling & turning!

Peninsula Park Community Center	ages: 2-4	1063354	W	11-11:30am	1/11-2/8	\$25
Peninsula Park Community Center	ages: 2-4	1063362	W	11-11:30am	2/15-3/15	\$25
Peninsula Park Community Center	ages: 2-4	1063627	F	9:30-10am	1/13-2/10	\$20
Peninsula Park Community Center	ages: 3-5	1063632	F	9:30-10am	2/17-3/17	\$25

### Tumbling - Jump Start

Bounce! Jump! Fly! Develop skills together that promote coordination, balance & agility. Active games, creative drills & an emphasis on the joy of physical activity provide a playful introduction to a popular sport.

East Portland Community Center	ages: 3-5	1061291	Tu	6:15-6:45pm	1/10-2/7	\$25
East Portland Community Center	ages: 3-5	1061294	Tu	6:15pm-6:45pm	2/14-3/14	\$25
East Portland Community Center	ages: 3-5	1061292	Th	11:30am-12pm	1/12-2/9	\$25
East Portland Community Center	ages: 3-5	1061295	Th	11:30am-12pm	2/16-3/16	\$25
Montavilla Community Center	ages: 3-5	1063279	Tu	9:50-10:20am	1/10-2/7	\$25
Montavilla Community Center	ages: 3-5	1063291	Tu	9:50-10:20am	2/14-3/14	\$25
Southwest Community Center	ages: 3-5	1063558	Sa	10-10:30am	1/14-2/11	\$25
Southwest Community Center	ages: 3-5	1063559	Sa	10-10:30am	2/18-3/18	\$25

### Tumbling - Wiggle & Giggle

Jump, shout, roll & tumble using the parachute, balance beam, rhythmic props & mats. Creative movement & games develop coordination & gross motor skills. Always a favorite!

Charles Jordan Community Center	ages: 3-6	1061930	Tu	12:20-12:50pm	1/10-2/7	\$22
Charles Jordan Community Center	ages: 3-6	1061931	Tu	12:20-12:50pm	2/14-3/14	\$22
Charles Jordan Community Center	ages: 3-6	1061932	Th	12:20-12:50pm	1/12-2/9	\$22
Charles Jordan Community Center	ages: 3-6	1061933	Th	12:20-12:50pm	2/16-3/16	\$22
Sellwood Community Center	ages: 3-5	1063036	F	11:45am-12:15pm	1/13-2/10	\$22
Sellwood Community Center	ages: 3-5	1063346	F	11:45am-12:15pm	2/17-3/17	\$22

### Tumbling: Pixie Playland

Flutter, Twirl & Create! Use your imagination as we soar through the skies, tumble in the forest & splash in the river. Through games, stories & exercises develop coordination & make new fairy friends! The adventure starts here!

Peninsula Park Community Center	ages: 3-5	1063357	W	3:15pm-3:45pm	1/11-2/8	\$25
Peninsula Park Community Center	ages: 3-5	1063360	W	3:15pm-3:45pm	2/15-3/15	\$25





# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## PRESCHOOL GYMNASTICS

### Gymnastics - Preschool

Children can increase body awareness & coordination through gymnastics! This is a great class for a child ready to participate without a parent. Learn basic gymnastics shapes & have fun with movement. We will use a variety of equipment & introduce four Olympic events!

East Portland Community Center	ages: 4-6	1061287	Tu	2-2:45pm	1/10-3/14	\$75
East Portland Community Center	ages: 4-6	1061288	Th	10:30-11:15am	1/12-3/16	\$75
East Portland Community Center	ages: 4-6	1061289	Th	12-12:45pm	1/12-3/16	\$75
East Portland Community Center	ages: 4-6	1061290	Sa	9-9:45am	1/14-3/18	\$75
Montavilla Community Center	ages: 3-6	1063275	Tu	1:45-2:30pm	1/10-2/7	\$37.50
Montavilla Community Center	ages: 3-6	1063288	Tu	1:45-2:30pm	2/14-3/14	\$37.50
Montavilla Community Center	ages: 3-6	1063274	Sa	11:15-12pm	1/14-2/11	\$37.50
Montavilla Community Center	ages: 3-6	1063287	Sa	11:15-12pm	2/18-3/18	\$37.50
Mt Scott Community Center	ages: 4-5	1063931	Su	3-3:45pm	1/15-2/12	\$37.50
Mt Scott Community Center	ages: 4-5	1063941	Su	2-2:45pm	2/19-3/19	\$37.50
Mt Scott Community Center	ages: 3-4	1063936	M	2-2:45pm	1/9-2/6	\$30
Mt Scott Community Center	ages: 3-4	1063947	M	2-2:45pm	2/13-3/13	\$30
Mt Scott Community Center	ages: 4-5	1063937	M	3:30-4:15pm	1/9-2/6	\$30
Mt Scott Community Center	ages: 4-5	1063948	M	3:30-4:15pm	2/13-3/13	\$30
Peninsula Park Community Center	ages: 4-5	1063311	Tu	12:15-1pm	1/10-2/7	\$37.50
Peninsula Park Community Center	ages: 4-5	1063347	Tu	12:15-1pm	2/14-3/14	\$37.50
Peninsula Park Community Center	ages: 4-5	1063639	Sa	9:30-10:15am	1/14-3/18	\$75
Southwest Community Center	ages: 4-6	1062323	M	3:15-4pm	1/9-2/6	\$30
Southwest Community Center	ages: 4-6	1062353	M	3:15-4pm	2/13-3/13	\$30
Southwest Community Center	ages: 4-6	1062351	W	3:30-4:15pm	1/11-2/8	\$37.50
Southwest Community Center	ages: 4-6	1062352	W	3:30-4:15pm	2/15-3/15	\$37.50
Southwest Community Center	ages: 4-6	1062344	Th	4:30-5:15pm	1/12-2/9	\$37.50
Southwest Community Center	ages: 4-6	1062528	Th	4:30-5:15pm	2/16-3/16	\$37.50
St Johns Community Center	ages: 3-5	1063041	Tu	9-9:45am	1/10-2/7	\$37.50
St Johns Community Center	ages: 3-5	1063044	Tu	9-9:45am	2/14-3/14	\$37.50
St Johns Community Center	ages: 3-5	1063050	Sa	10-10:45am	1/14-2/11	\$37.50
St Johns Community Center	ages: 3-5	1063057	Sa	10-10:45am	2/18-3/18	\$37.50





# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## PRESCHOOL GYMNASTICS

### Gymnastics - Preschool Stars

Moving up! The perfect opportunity for children with previous gymnastics experience to build knowledge of basic shapes & improve coordination, balance & flexibility while increasing self-esteem. Sharpen skills & acquire new techniques—foundations for a great future!

Montavilla Community Center	ages: 4-6	1063276	Sa	12:05-12:50pm	1/14-2/11	\$37.50
Montavilla Community Center	ages: 4-6	1063289	Sa	12:05-12:50pm	2/18-3/18	\$37.50
Mt Scott Community Center	ages: 5-6	1063938	M	4:30-5:15pm	1/9-2/6	\$30
Mt Scott Community Center	ages: 5-6	1063949	M	4:30-5:15pm	2/13-3/13	\$30
Mt Scott Community Center	ages: 5-6	1063931	Su	3-3:45pm	1/15-2/12	\$37.50
Mt Scott Community Center	ages: 5-6	1063942	Su	3-3:45pm	2/19-3/19	\$37.50
Peninsula Park Community Center	ages: 4-6	1063625	F	12-12:45pm	1/13-3/17	\$67.50
Peninsula Park Community Center	ages: 4-6	1063640	Sa	10:30-11:15am	1/14-3/18	\$75
Southwest Community Center	ages: 4-6	1062354	W	5:30-6:15pm	1/11-3/15	\$75
Southwest Community Center	ages: 4-6	1063565	Sa	11-11:45am	1/14-3/18	\$75

## YOUTH GYMNASTICS

### Gymnastics - Boys, All Levels

Keep fit & strong with gymnastics! This class is tailored just for boys & will keep you moving with fitness challenges & obstacle courses. Build up your muscles & self-confidence while learning new skills.

Peninsula Park Community Center	ages: 5-8	1063367	Th	3:45-4:30pm	1/12-3/16	\$75
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### Gymnastics - Homeschool

Get up & get moving! Gymnastics is a great way to instill a love of fitness that can last a lifetime. This fun-filled class will challenge your child with obstacle courses, skill circuits & games that build strength & endurance.

East Portland Community Center	ages: 6-12	1061279	Tu	1:15-2pm	1/11-3/14	\$75
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# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## YOUTH GYMNASTICS

### Gymnastics - Level I Foundations

Roll, stretch, balance & leap! Fun-filled introduction for first time participants. Experience the basics through games & obstacle courses. Floor, bars, beam & vault will help your child increase their strength & flexibility. We will provide instruction in proper skill progressions while stressing repetition & safety.

Mt Scott Community Center	ages: 6-9	1063939	M	5:30-6:15pm	1/9-2/6	\$30
Mt Scott Community Center	ages: 6-9	1063951	M	5:30-6:15pm	2/13-3/13	\$30
Mt Scott Community Center	ages: 6-9	1063943	Su	4-4:45pm	2/19-3/19	\$37.50
Mt Scott Community Center	ages: 6-9	1063932	Su	4-4:45pm	1/15-2/12	\$37.50
Peninsula Park Community Center	ages: 6-9	1063368	Th	4:45-5:30pm	1/12-3/16	\$75
Peninsula Park Community Center	ages: 6-9	1063638	Sa	12:15-1pm	1/14-3/18	\$75
St Johns Community Center	ages: 6-10	1063054	Sa	11:45am-12:30pm	1/14-2/11	\$37.50
St Johns Community Center	ages: 6-10	1063161	Sa	11:45am-12:30pm	2/18-3/18	\$37.50

### Gymnastics - Level I Beginners

It's never too late to start gymnastics! Start learning handstands, cartwheels & rolls. Practice Olympic events while emphasizing safe progressions & team-building skills. Develop a passion for fitness in a non-competitive environment.

East Portland Community Center	ages: 6-12	1061282	Tu	3-3:45pm	1/10-3/14	\$75
East Portland Community Center	ages: 6-12	1061283	Tu	3:45-4:30pm	1/10-3/14	\$75
East Portland Community Center	ages: 6-12	1061284	Sa	9:45-10:30am	1/14-3/18	\$75
Peninsula Park Community Center	ages: 8-12	1063369	Th	5:45-6:30pm	1/12-3/16	\$75
Montavilla Community Center	ages: 6-12	1063272	Sa	1:20-2:05pm	1/14-3/18	\$75
Southwest Community Center	ages: 6-9	1062324	M	4-4:45pm	1/9-3/13	\$60
Southwest Community Center	ages: 9-12	1062325	M	4:45-5:30pm	1/9-3/13	\$60
Southwest Community Center	ages: 6-9	1062339	W	4:30-5:15pm	1/11-3/15	\$75



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# GYMNASTICS, TUMBLING & CIRCUS ARTS ACTIVITIES

## YOUTH GYMNASTICS

### Gymnastics - Level I Intermediate

Get ready to move up! Continue basic skill development with an emphasis on form & strength building activities. Your child will work on perfecting their cartwheels, handstands & backbends. They will receive an introduction to new skills on bars, beam & vault. Learn to love fitness!

East Portland Community Center	ages: 6-12	1061285	Tu	5:30-6:15pm	1/10-3/14	\$75
East Portland Community Center	ages: 6-12	1061286	Sa	10:45-11:30am	1/14-3/18	\$75
Montavilla Community Center	ages: 6-12	1063273	Sa	2:10-2:55pm	1/14-3/18	\$75
Mt Scott Community Center	ages: 7-12	1063940	M	6:30-7:30pm	1/9-2/6	\$40
Mt Scott Community Center	ages: 7-12	1063951	M	6:30-7:30pm	2/13-3/13	\$40
Mt Scott Community Center	ages: 7-9	1063933	Su	5:30-6:30pm	1/15-2/12	\$50
Mt Scott Community Center	ages: 7-9	1063944	Su	5:30-6:30pm	2/19-3/19	\$50

### Gymnastics - Level I Advanced

If you have mastered the straight body cartwheel & handstand, this is your level! Experienced gymnasts will get in a great workout with an introduction to level 2 skills on four Olympic events. Continue to develop strength, coordination, flexibility & self-confidence!

Southwest Community Center	ages: 7-11	1062338	W	6:15-7pm	1/11-3/15	\$75
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### Gymnastics - Level 2

You passed level 1! Practice handstand forward rolls, bridge kick over, round-offs & an introduction to back hand-springs. Learn more advanced skills on high beam, bars & vault. This class will teach techniques required to move beyond the basics & achieve your goals in gymnastics. You can do it!

East Portland Community Center	ages: 6-12	1061280	Tu	4:30-5:15pm	1/11-3/14	\$75
East Portland Community Center	ages: 6-12	1061281	Sa	11:30am-12:15pm	1/14-3/18	\$75

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