



City of Troy Recreation Department

# 2022 TROY RECREATION DEPARTMENT GYMNASTICS PROGRAM

**INSTRUCTION PROVIDED BY TUMBLE U**

LOCATION: VAN CLEVE SCHOOL GYMNASIUM  
(Class limit of 20 participants per session)

## SESSION I

Monday to Thursday Classes:  
June 6, 7, 8, 9, 13, 14, 15, 16

## SESSION II

Monday to Thursday Classes:  
July 11, 12, 13, 14, 18, 19, 20, 21

Ages 5-7: 12:00pm-1:15pm  
Ages 8-10: 1:30pm-2:45pm

**REGISTRATION FEE: \$47**

REGISTER ONLINE AT:

<https://apm.activecommunities.com/troyrecdept/Home>

Classes will include a warm-up, skills on uneven bars, balance beam, vault running, and Tumbling.  
Instruction provided by coaches from Tumble U.

Instructors recommend participants bring water, T-shirts and shorts, and have their hair up/tied back.

