

BIRTHDAY PARTIES

What could be more exciting than you and your invited guest utilizing the gym for your birthday? Your child along with their guest will have the opportunity to enjoy such activities as our in-ground trampolines, foam pits, obstacle courses, and other various activities with our trained staffs supervision, in a safe & fun environment. Leave the clean up to us and enjoy the fun.

Party Package

- **Gymnastics or Cheerleading Themed Parties**
 - 2 Hours of Fun
 - Personal Party Host
 - Birthday Party Room
 - Use of the Gym Area
- **Birthday Medal and Ribbon for the Birthday Child**
 - Ribbons and **FREE** Guest Passes for all Participants
 - 10 Guest + Birthday Child

All this for only \$160.00

\$100 Non-Refundable Deposit Required

DIRECTIONS TO OUR FACILITY

I-81, Exit 310 to Route 11, Kernstown,
Route 11 North approx. 3/10 mile,
turn right (just past CarQuest)
onto Commonwealth Court,

Follow the road until it ends, we are located in the Sportsplex

**221 Commonwealth Court
Winchester, VA 22602**

For more information please visit our websites or email us:
www.shenandoahtumblers.com
www.mcx-treme.com
info@shenandoahtumblers.com

540.869.3207

2010-2011 Fall/Winter



Gymnastics

and



Cheerleading

Shenandoah Tumblers, Inc.
221 Commonwealth Court, Winchester, VA 22602
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Programs Offered

Toddlers (for ages Walking to 3 1/2 years.)

"Mom and Me" classes. This 45 minute program is designed to develop early motor skills, coordination, and spatial awareness. Activities include: jumping, climbing, use of obstacle courses, developmental trampoline skills, along with the introduction of gymnastics skills utilizing all of the apparatus. Moms and Dads should be prepared to move about, you are the child's primary instructor while a trained staff person guides you through the class. *8:1 ratio*

Developmental (for ages 3 1/2 to 5 years.)

Our 50 minute or 1-hour developmental classes are for children ranging in age from 3 1/2 to 5 years old. Usually this is a transitional class from the Toddler program. The children will work directly with one of our experienced instructors. The basic skills learned in the Toddler program will be reinforced along with a more enhanced focus on their gymnastics skills and elements. *7:1 ratio*

Girls/Boys (for ages 6 years and older)

The fundamentals of gymnastics are introduced to beginner level gymnast through the advanced level. Each gymnast will be evaluated two times a year through our progress reporting system to keep you in tune with their accomplishments. *8:1 ratio*

Home School (any age)

This class is developed for the home schooling students that need to fulfill physical education requirements. These classes are scheduled during the day for the convenience of the home school student and also enables the freedom of movement through the gym in a less busy atmosphere. *8:1 ratio*

Special Needs (any age)

The purpose of this program is to provide the students with sensory stimulation, movement, language and social challenges while introducing exercise in a safe and fun environment. Other goals include motor skill enhancement, ability to follow directions, build on self-confidence and boost self esteem in either a group setting or on an individual basis.

Cheer-Tumble (7-18 years)

Existing or new cheerleaders use this class to gain tumbling skills and flexibility for jumps needed to excel at cheering events. The cheerleaders will utilize our spring floors, 30-foot in-ground tumble-trak and large in-ground trampoline to help enhance these skills. *10:1 ratio*



Competitive Gymnastics

We believe that fundamentals and progression leads to a well rounded gymnast. While competitive gymnastics is an individual sport, there is a team element that brings these gymnast together.



Here at Shenandoah Tumblers, Inc. our competitive gymnastics teams compete under the rules and policies as set forth by USA Gymnastics Junior Olympic program. Our gymnasts train countless hours to achieve the goal of advancing to the State, Regional and National levels of competition.

Gymnastics is a life style and not just a sport. A typical training week consists of up to 16 hours spanning 4 days. Hard work and dedication are just some of the facets of being a competitive team member.



MaXimum Cheer X-treme

The NeXt Generation in X-treme Cheerleading

Whether you are new to cheerleading or a seasoned participant, MCX-treme will take your experience to the neXt level. If your interest is only to enhance your tumbling and stunting, let our professional experienced staff help. Or, tryout for our competitive team and experience cheerleading at its fullest. FREE one-time trys are available.

Why Choose MCX-treme?

While winning is a big part of sports, it is not everything. MCX-treme is a program of Shenandoah Tumblers, Inc. Our gymnastics organization has been refining the youth of our community for over 19 years. We pride ourselves on safety, fun, and award winning athletes. What better combination could be asked for!

Gymnastics has become a major factor in the success of any All-Star cheer program. Combining the professional gymnastics staff at Shenandoah Tumblers with the experienced line-up of cheerleading coaches, success will only be second nature. We want every child to experience all that this sport has to offer and to help prepare them for their future.



Shenandoah Tumblers, Inc. is a year round gymnastics and cheerleading training facility for children and young adults serving the Winchester/Frederick County area for over 19 years. These two sports have been recognized as an excellent means of personal development by creating and enhancing self-esteem, coordination, and the development of fine and gross motor skills.

Our experienced staff has devoted many hours of training to provide the best learning experience for your child in a safe and fun environment. A low student to teacher ratio gives each student the attention needed to help achieve their goals.

Come visit our program and take part in the positive development of your child's physical and mental growth. Try us out for **FREE**, we offer a 1 time try to all **NEW** students. There is no obligation to register and no contracts to sign. (Offer good only to non-existing members of Shenandoah Tumblers)

Our Mission

Our mission is to provide progressive training, safety, and as always "fun" to every member of our organization. Gymnastics and cheerleading provides for many great rewards both physically and mentally. Our goal is to teach the fundamentals of gymnastics and cheerleading to our students in a safe & fun environment. We use progressive training methods by allowing each student to develop individually.

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FREE
1 Time Try



MaXimum Cheer Xtreme

This Complimentary Guest Pass entitles your child to participate in one free class at Shenandoah Tumblers, Inc.. Reservations must be made prior to redemption. Pass must be presented at time of reservation and is not redeemable for cash. This pass cannot be used with any other offer.



Gymnastics

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**PASS VALID FOR
"NEW STUDENTS ONLY"**