



Fall workshops, 6 weeks: October 8 to November 13

Newsies Tumbling – Beginner: Monday 6:15 – 8:15

Newsies Tumbling – Intermediate/Advanced: Tuesdays 4:15 – 6:15

Winter workshops, 6 weeks: January 14 to February 18

Newsies Tumbling – Beginner: Monday 6:15 – 8:15

Newsies Tumbling – Intermediate/Advanced: Tuesdays 4:15 – 6:15

How do I enroll?

You can enroll online or by phone. Tuition is due at registration; a waiver is due before the first class. You may complete your waiver at the front desk the day of your first class. (waiver is valid for one year)

Where are the classes?

Classes are at Gymco, located at 2306 Camelot Ridge Court SE, 49546 (off East Paris between 28th St and Burton, free parking). [map to Gymco](#)

What should I wear & bring?

Wear comfortable clothing you can move in, Plan to occasionally be upside down, and in bare feet in the gym (no jeans, jewelry, zippers or snaps) Long hair should be pulled back. You can wear glasses. You may bring a water bottle for breaks, but water is not allowed inside the gym.

What skills are required for the beginner level?

If you're fit enough for physical activity, you can join the beginner workshop. Skills will be taught at your pace and will not include bridge/backbend or gymnastics skills on the bars or beam.

What skills are required for the intermediate/advanced level?

If you've mastered a cartwheel, forward roll and hand do a solid handstand (steady for at least 5 seconds) you're ready for the intermediate/advanced level class.

What's the difference between the Newsies Tumbling workshop and other tumbling classes offered at Gymco?

Regular tumbling classes at Gymco are ongoing and year-round. This is a special 6-week workshop designed to teach stage-appropriate tumbling skills to adult performers in collaboration with The Grand Rapids Civic Theatre School of Theatre Arts.

What opportunities are there for adults to practice tumbling outside of class?

Gymco offers open tumble every Tuesday from 8:15p – 9:15pm. This is a great time to use the gym and practice. No reservations are required, just drop in! \$10 admission, for age 8+

