



Fun and Fitness Center

4220 Commercial Dr. #11 Tracy, Ca. 95304
(209) 836-4148

Charter school will Pay \$40 per month per child for any of the following classes Sept. 08 - May 09

Delta Charter Elementary School P.E. Options

Recreational Power Tumbling and Trampoline Classes

Students will learn to advance progressively in all tumbling skills from the beginning basics to the very advanced levels. Recreational classes are designed with fun challenging lesson plans that safely teach all the basic fundamentals of Tumbling, trampoline and Fitness. This class strongly focuses on goals and the importance of learning goal setting skills, for a life long pattern of success in everything they do. This is a great fitness and self esteem boosting class.

Contact Power Tumbling for a level evaluation and appropriate class placement.

Tuition for this class

\$45.00 per month

1 hour per week

Call us to schedule day time classes before 4:00 pm

Annual Registration and
Membership fee of \$25 per
family is due at registration

(Charter School does not pay this fee)

Fun and Fit Program

The main focus of this class is Fitness and nutrition. Power Tumbling now offers a nationally regulated USAG personal fitness program. This program is developed to enhance an individual's strength, balance, coordination, flexibility, speed and power, which can be carried over into other sports. The class is designed to get children moving. To show children that fitness is important but most of all that Fitness can be FUN!

The class is organized to challenge the more athletic child, with modifications for the less active individual.

Once again goal setting plays a large factor in this course with the use of personal achievement charts at every level, informational handouts and lots of games and contest to make this course challenging and fun.

Tuition for this class

\$40.00 per month

1 hours per week

Tues. 5pm - 6pm

Save
\$20.00

Register for both the
Tumbling and fitness
class for just \$65 per mo.