

## 2020 Monthly Fees

Annual Equipment Levy and Administration Cost  
R200.00 - per year per member.

### Monthly Fees

	1x Week	2x Week	3x Week	4x Week
1st Child	R480.00	R660.00	R880.00	R940.00
2nd Child	R460.00	R640.00	R860.00	R920.00
3rd Child	R440.00	R620.00	R840.00	R900.00

## Please Note

- ✂ The club is closed from the 29 June -3 July and the 21 - 25th September
- ✂ The club will be closed on all public holidays
- ✂ The club is open all school holidays *except* December holidays
- ✂ Fees are payable monthly by the 7th of the month
- ✂ Termination of membership must be done in writing one calendar month in Advance.
- ✂ Club competition on the 6th and 7th November is open to all members.

## Banking Details

Cindy McCall-Peat

Standard Bank

Branch: Northmead Square

Code: 051001

Account No: 10060723902

Ref: Child's name and surname

Confirmation sms: 082 851 8667 or email  
tumbling@mweb.co.za

Cindy McCall-Peat

Springbok Gymnast & Tumbler

2017 Paul Harris Fellow Award

Cell: 082 851 8667

Email: tumbling@mweb.co.za

<http://www.eagletumbling.co.za>

Facebook: The Eagle Tumbling Club

P.O. Box 14736

FARRARMERE

1518

VENUE: John Barrable Hall

Northerns Sports Grounds

Brodigan Str

Benoni

GPS: S26.09.163' E 028.18.941

## TRAINING TIMES

General Gym, Competition Levels & Special Needs

Mon, Tues, Wed & Thurs

1.30pm - 2.30pm

2.30pm - 3.30pm

3.30pm - 4.30pm

4.30pm - 5.30pm

5.30pm - 6.30pm

IOTS (9months - 22 months)

Thursday 9.00am - 10.00am

ADULT CLASSES

Mon, Tues, Wed & Thurs

5.30pm - 6.30pm



The Eagle Tumbling Club was established in 1984 by Dave Tucker and Cindy McCall-Peat.

Young children should be introduced to the idea of keeping fit by using fun-filled activities, giving them a solid foundation to embrace exercise and general well-being into their teens and beyond.

Our main goal is for children to have fun

The advantages of tumbling:

- ✂ Gross Motor Development
- ✂ Fine Motor Development
- ✂ Self-Confidence Building
- ✂ Cross Lateral Movement
- ✂ Balance, Strength and Suppleness
- ✂ Muscle Tone Development
- ✂ Spatial Perception
- ✂ Promotes Social Interaction
- ✂ Physical Exercise is Crucial for Mental Health
- ✂ Promotes Discipline and how to Set Goals
- ✂ The Constant Movement Ensures that Oxygen Gets to the Brain.

Tumbling is Recommended  
by Occupational Therapists

Achievements to date:

- 3 Senior Springboks
- 9 Junior Springboks
- 477 South African Champions



## WHAT WE OFFER

### Tumble Tots



Programme designed for Toddlers from the age of 9 months to 24 months old. Moms interact with their children to music, using specially designed soft play equipment, to encourage and develop muscle tone. Emphasis is put on social interaction, stimulating gross and fine motor development, elevating self confidence through play.

### Special Needs



Programme designed for children with special needs on a one-on-one basis upon request. This is a bridging class as we have successfully integrated disabled and Down's syndrome children into our general classes.

### Adult Classes



Classes offered to parents or adults who would like to improve their general muscle tone and flexibility. No former tumbling experience necessary although basic tumbling moves will be taught once you are strong enough. Convenient because you train while your children train.

### General Gym



These are the energetic future stars. Most beginners start at this point and work their way up the ranks. Children may start from as young as two years old. At this stage building confidence, muscle tone and balance is the main objective. Classes are designed to be fun while the basic skills are being taught. A child needs no special skills at this stage making this group suitable for all children - sporting or not. A child progresses at his or her own speed and no pressure is put on the child to compete. Once a child has mastered certain prescribed skills they will be promoted to the Competition Level and there we will start preparing them to compete should they wish to.

### Competition Levels



Once children move up to this level they are able to start competing. Classes are of a more serious nature and the emphasis is on strength and neatness. As they move up the ranks in competitions and reach the different levels, so the training gets more strenuous to prepare the child to a standard of the highest level possible.

All our coaches are qualified, have First Aid qualifications and are qualified judges.

Their knowledge of the sport is comprehensive and they are totally committed to instructing your children with the best techniques available. Safety is of the utmost importance. Our coaches aim to make the lessons fun and enjoyable so that children look forward to classes.



### SAA Registration

If your child is going to compete in various competitions (dates below) they will have to register with SAA at a cost of R370.00 for 1 Child, R620.00 for 2 Children and R770.00 for 3 Children

### Competition Dates - 2020

Entry Fee:

R250.00 (only one event)

R300.00 (only two events)

R350.00 ( three events)

(Venue for all competitions - John Barrable Hall, Benoni)

22 Feb	Mauritius
7 March	Eagles Fun Day
14 March	Coaches Course
4/5 April	Judges Course
9 May	SAA Cup
6 June	Eagles
25 July	Twisters
12 Sept	Ekurhuleni Games
24 Oct	S.A Champs SAA
6/7 Nov	Club Competition