

# **ADEL TUMBLING TEAM**

## **2026 SUMMER TUMBLING SESSION**

### **WE WELCOME YOU!**

Summer is approaching and we are currently enrolling for the 2026 Summer Tumbling Session! The Summer Session begins June 16 and runs through August 8!

Whatever your goal may be, there are many benefits to good Tumbling/Gymnastic Training! These include coordination, strength, flexibility, balance, agility, endurance, concentration, and confidence. These are great Cross-Training Skills and will benefit your child in every sport they participate in! Our philosophy is to provide a positive, productive, and enjoyable environment for your child to learn the proper techniques of Tumbling/Gymnastics, helping them progress and doing so in a safe manner!

For those interested, we will participate in the Sweet Corn Festival Parade to conclude the Summer Session on Saturday, August 8! We have a lot of FUN!!

If your child would like to join the Adel Tumbling Team Summer Session, fill out the attached form and return with a \$15 Registration Fee per student! Please return forms promptly to ensure your child's placement! Classes are filled on a "First-come, First-served" basis, with current student's receiving priority.

The Summer Schedule is based on the response of these Summer Registration Forms when received promptly! A student's age and ability levels are considered along with workable class times, if possible. I appreciate as much flexibility as possible! You will receive your child's class time by mid-May or shortly thereafter!

We look forward to the opportunity to teach your child Tumbling/Gymnastics this summer! Thank you!! 😊

Sincerely~

Lori Rickert & Coaching Staff

Adel Tumbling & Dance Club / Adel Tumbling Team: Established 1986

211 South 7<sup>th</sup> Street, Adel, Iowa, 50003. Club Phone/Text: (515) 993-4411

Tumbling Questions? [Lori@AdelTumblingAndDanceClub.com](mailto:Lori@AdelTumblingAndDanceClub.com)

Dance Questions? [Sue.Dunsmoor@gmail.com](mailto:Sue.Dunsmoor@gmail.com)

ADEL TUMBLING TEAM - GENERAL INFORMATION  
2026 SUMMER SESSION: JUNE 16 – AUGUST 8

WE APPRECIATE YOUR COOPERATION REGARDING THE FOLLOWING POLICIES!

REGISTRATION FEE: \$15.00 PER STUDENT DUE WITH REGISTRATION FORM!

SUMMER SESSION FEES: DUE FIRST TUMBLING CLASS OF THE SESSION!

Tumble Bugs (3-5 Yrs.): 30 Minute Class Weekly Session Price - \$95  
Beginning I (5-6 Yrs.): 45 Minute Class Weekly Session Price - \$105  
Beginning II – Advanced (7 Yrs. & Older): 60 Minute Weekly Session Price - \$115

BUSINESS ADDRESS: Lori Rickert / Adel Tumbling Team / 211 South 7<sup>th</sup> Street, Adel, 50003.  
Email Address: Lori@AdelTumblingAndDanceClub.com. Club Phone/Text: (515) 993-4411.

ATTIRE: We prefer the girls wear a Leotard to class (with athletic shorts if they choose). Boys wear a T-shirt or Tank (tucked in) and athletic shorts. No clothing with zippers. Please stay away from baggy clothing as this makes spotting difficult and unsafe. All girls with long hair must wear it up and out of the eyes. No jewelry, other than small earrings. All students go barefoot to avoid slipping.

PARENTAL VIEWING: The viewing window will be open the first class of the session and a class mid-session.

SWEET CORN FESTIVAL PARADE (AUGUST 8): We will participate in the Sweet Corn Festival Parade again and your child is welcome to join us! We have a lot fun! Everyone will wear Team Suits or Team Shirts (these will be available for ordering early in the session). More information regarding the details will come closer to the parade.

TEAM T-SHIRTS: These will be available to order for those participating in the parade that don't have a team suit and any family members who are interested. Order forms will be coming in early summer!

MAKE-UP CLASSES: Making up a class sounds reasonable under normal circumstances; but with the number of students we have and limited class size, it can result in an overcrowding of classes where no student can benefit. I prefer that everyone stick with their given class time, unless that will not work on a regular basis. Thank you!

SUMMER TUMBLING SCHEDULES: Will be sent out mid-May or shortly thereafter. I appreciate your patience as I work with a variety of schedules to put suitable classes together for your child!

WE LOOK FORWARD TO A GREAT SUMMER OF TUMBLING WITH YOUR CHILD!! 😊

**PLEASE RETURN REGISTRATION FORM ASAP TO GUARANTEE PLACEMENT!**

**ADEL TUMBLING TEAM: SUMMER SESSION 2026  
JUNE 16 – AUGUST 8**

**REGISTRATION FEE: \$15 DUE AT THE TIME OF REGISTRATION!**

SESSION FEE: 30 Minutes \$95 (3-5 Yrs), 45 Minutes \$105 (5-6 Yrs), 60 Minutes \$115 (7+Yrs)

**PLEASE PRINT!**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Date of Birth \_\_\_\_\_ Grade this Fall \_\_\_\_\_ Parents \_\_\_\_\_

Mom Cell Phone \_\_\_\_\_ Text? Yes \_\_\_\_\_ No \_\_\_\_\_ Email \_\_\_\_\_

Dad Cell Phone \_\_\_\_\_ Text? Yes \_\_\_\_\_ No \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address (Must Complete!) \_\_\_\_\_ City \_\_\_\_\_ Zip code \_\_\_\_\_

In Case of Emergency: (in the event parents cannot be reached): **MUST COMPLETE!**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

RELEASE: I, (Parents Names) \_\_\_\_\_ do hereby authorize Lori Rickert or her Instructor's to seek emergency medical care needed for my child in the event of a personal injury, sickness, illness, or virus. The effort will first be made to notify me of medical directions. If you are unable to notify me for medical directions, Lori Rickert or her Coaches may determine the best treatment for my child and will not be held responsible for any expenses. I agree to pay all medical expenses personally. **MUST COMPLETE!**

Child's Name \_\_\_\_\_ Physician \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Hospital Preference \_\_\_\_\_ Address \_\_\_\_\_

Insurance Company \_\_\_\_\_ Identification # \_\_\_\_\_

In consideration of my child participating in Tumbling, I hereby assume all risk of personal injury, sickness, illness, or virus involved in connection with this activity; and acting for myself and all personal representatives; Release Adel Tumbling Team, Adel Tumbling & Dance Club, Lori Rickert/Coaches from ALL LIABILITY; including all medical expenses, claims, suits at law or in equity, for any personal injury, sickness, illness or virus that may result from my child's participation in Tumbling. Authorizing Signatures: Both Needed (if Applicable):

Father \_\_\_\_\_ Mother \_\_\_\_\_ Date \_\_\_\_\_

If your child is NEW and has previous experience or is self-taught, please mark the accomplished skills:

Cartwheel \_\_\_\_\_ Round off \_\_\_\_\_ Back Bend (From Stand) \_\_\_\_\_ Back Walkover \_\_\_\_\_ Front Limber \_\_\_\_\_

Front Walkover \_\_\_\_\_ Front Handspring \_\_\_\_\_ Back Handspring \_\_\_\_\_ Aerial \_\_\_\_\_ Back Tuck \_\_\_\_\_

Summer Classes: Your child's class will be scheduled once weekly within these times according to age/ability.

- Tuesdays 4:30 p.m. – 9:00 p.m. (All Skill Levels)
- Wednesday Morning Classes 9:00 a.m. – 12:30 p.m. (Tumble Bugs & Beginning/Intermediate Classes)
- Thursdays 4:30 p.m. – 9:00 p.m. (All Skill Levels)

NOTE: I WILL DETERMINE THE LENGTH OF CLASS THAT IS SUITABLE FOR YOUR CHILD. THANK YOU!

IMPORTANT! Please state the earliest time your child can arrive! Be specific with a weekday conflict or a Wednesday morning preference! I appreciate as much flexibility as possible in scheduling! Thank-you!

IMPORTANT! \$15 REGISTRATION FEE MUST BE PAID WITH REGISTRATION FORM.

SUMMER SESSION FEE: DUE ON YOUR CHILD'S FIRST SCHEDULED CLASS.

MAILING ADDRESS: ADEL TUMBLING TEAM, 211 SOUTH 7<sup>TH</sup> STREET, SUITE A, ADEL, IOWA, 50003.

QUESTIONS - EMAIL: LORI@ADELTUMBLINGANDDANCECLUB.COM