

Adel Tumbling & Dance Club/Adel Tumbling Team: Tumbling Lessons
211 South 7th Street, Suite A
Adel, Iowa 50003

Coach/Owner: Lori Rickert

Questions? Email: Lori@AdelTumblingandDanceClub.com Club Phone/Text: (515) 993-4411

Dear Parents,

Enclosed is Registration Information for our next Tumbling Session with the 'Adel Tumbling Team'. Lessons begin in September 2026 and continue through May 2027. During this session your child will work various Tumbling Skills beginning at their appropriate level and progressing to higher levels. Students will mark their progress on Star Charts throughout the year. We will complete this session in May with our Annual Adel Tumbling Meet/Exhibition. An exciting time for everyone!

I personally have many years of experience in Tumbling/Gymnastics including competing, judging, coaching, and teaching. I also have a Great Staff of Coaches! All have been my students at one time! We look forward to the opportunity to help your child progress in their Tumbling Skills!

Whatever your goal may be, there are many benefits to good Tumbling/Gymnastic Training! It is a great cross-training sport and will benefit your child in any sport they are currently participating in or may in the future! Working all-over body strength, control, balance, flexibility, coordination, and agility! Our philosophy in teaching is to provide an enjoyable atmosphere for students to learn the proper techniques of Tumbling/Gymnastics. Starting with a solid foundation of the basic skills and helping each student progress individually in a safe manner!

If your child is interested in enrolling, please fill out the attached Registration Form and return it to the address listed above with a \$35 Registration Fee ASAP! (Check or cash accepted) NOTE: We have a locked mailbox outside where forms can be returned! TUMBLING CLASSES ARE LIMITED AND FILL QUICKLY!! Scheduling is initially determined according to the Registration Forms received by Current Students and then followed with New Enrolments. Scheduling can be difficult. Please be specific on the registration form! It has become increasingly difficult to move students around once the schedule is set! You will be notified of your child's class time by mid to late August! NOTE: If there is not a suitable opening you will be notified, and your payment will not be processed! If an opening becomes available throughout the year, you will be contacted!

WE LOOK FORWARD TO A GREAT SESSION OF TUMBLING WITH YOUR CHILD! THANK YOU!

Sincerely~

Lori Rickert

Coach & Owner: Adel Tumbling Team / Owner: Adel Tumbling & Dance Club

Note: We also offer a Great Dance Program and have a Great Staff of Instructors!

Dance Inquiries: Sue.Dunsmoor@gmail.com Anyone enrolling in BOTH Tumbling & Combination Dance will receive a \$15 Monthly Discount off the Total Monthly Price!!

ADEL TUMBLING TEAM: GENERAL INFORMATION 2026 - 27
LISTED BELOW ARE ESTABLISHED REGULATIONS. PLEASE READ THOROUGHLY!

PAYMENTS: THE MONTHLY LESSON FEE IS A 'FLAT RATE' DUE THE 1ST LESSON OF EACH MONTH!

TUMBLE BUGS: 3-5 Years (30 Minutes) - \$50/monthly. **BEGINNING I:** 5-7 Years (45 Minutes) - \$55/monthly. **BEGINNING II – ADVANCED:** 7 Years and Older (60 Minutes): \$60/monthly. Payments made after the 10th of the month should include a \$5.00 Late Fee. Fees carried into the next month \$10.00. NSF Charge: \$30.00. Lesson Fees are non-refundable.

DISCOUNTS: Bi-Session Payments are Due the First Lesson in September and January (5% Discount).

Full Session Payments are Due the First Lesson (10% Discount). The following Session Discounts are available:

Tumble Bugs – 30 Minute Lesson: Bi-session (Two payments of \$214), Full session (One payment \$405).

Beginning I – 45 Minute Lesson: Bi-session (Two payments of \$235), Full session (One payment \$446).

Beginning II - Advanced – 60 Minute Lesson: (Two payments of \$257), Full session (One payment \$486).

*Families with 3 children taking Tumbling Lessons: \$15 Monthly Discount. (Session discount does not apply).

*Students enrolled in Both Tumbling & Comb. Dance: \$15 Monthly Discount. (Session discount does not apply)

***NOTE:** Registration Fees are in addition to the Lesson Fees. All fees are non-refundable.

QUESTIONS? BEST OPTION! BUSINESS EMAIL: Lori@AdelTumblingandDanceClub.com.

CORRESPONDENCE & MAILING ADDRESS: Adel Tumbling & Dance Club / Lori Rickert, 211 South 7th Street, Suite A, Adel, Iowa, 50003. Club Phone/Text: (515) 993-4411

ATTIRE: Girls should wear a leotard or unitard to class, and Boys a t-shirt (tucked in) and shorts or warm-up pants. No jeans or clothing with zippers. Please stay away from baggy clothing as this makes spotting difficult. Girls must wear their hair up and out of eyes. Please avoid buns. A low ponytail works best. No jewelry, other than small earrings. All students go barefoot.

PARENTAL VIEWING: The curtains will be open the First Lesson of each Month for parents to view their child's class. Children are always excited for their parents to watch them. We want you to view your child's progress. Please keep in mind the students may pay more attention to their parents than the Coach so there can be a distraction.

BREAKS: We take breaks that coincide with the ADM Schools. You will be notified of these dates in advance. If ADM Schools cancel or dismiss early due to inclement weather, lessons will automatically be canceled. You can also check our Face Book page if you have questions!

ATTENDANCE: All lessons must be paid for whether or not your child attends as a place has been reserved for them. My students and their families are involved in many activities and conflicts are likely to occur. Requests for make-up classes seem reasonable to parents; however, honoring these requests can result in an over-crowding of classes and no student can benefit. Therefore, I cannot honor make-up requests and cannot be responsible for at-home decisions. The parents must decide which activity is to be sacrificed. However, if you have a concern of constant conflicts with your class time, please let me know. There may be a possibility of changing classes, if available.

CONSIDERATION POLICY: If your child decides to discontinue lessons before the session is completed; please notify me PRIOR to the beginning of the month they no longer plan to attend with a 30-day notice. Otherwise, once a student is enrolled, I assume they are continuing month-to-month throughout that session. If I have not been notified that a child plans to discontinue, you may be billed for the full month. Your cooperation is greatly appreciated! This can minimize any fees you owe and may allow someone else to participate! Thank you!

**WE ARE EXCITED TO HAVE YOU WITH US AND LOOK FORWARD TO TEACHING YOUR CHILD
TUMBLING/GYMNASTICS IN THE SAFEST MANNER POSSIBLE!!**

PLEASE RETURN FORM AND \$35 REG. FEE ASAP TO GUARANTEE PLACEMENT!!

ADEL TUMBLING TEAM: SEPTEMBER 2026 - MAY 2027
REGISTRATION FEE: \$35 PER STUDENT DUE WITH REGISTRATION FORM!
PRICES & DISCOUNTS: SEE THE GENERAL INFORMATION SHEET!

PLEASE CHECK TO ENROLL IN TUMBLING & COMBINATION DANCE: \$15 OFF TOTAL MO. COST _____

PLEASE PRINT & COMPLETE ENTIRE FORM!

Name _____ Age _____ Sex _____
Date of Birth _____ Grade this Fall _____ Parent's Names _____
Mom Phone _____ Text? Yes _____ No _____ Email _____
Dad Phone _____ Text? Yes _____ No _____ Email _____
Mailing Address _____ City _____ Zip code _____

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

Name _____ Relationship _____ Phone _____
Child's Name _____ Physician _____
Physicians Address _____ Phone _____
Insurance Company _____ Identification # _____

RELEASE: I, (Parents Names) _____ do hereby authorize Lori Rickert or her Instructor's to seek
Emergency medical care is needed for my child in the event of a personal injury, sickness, illness, or virus. The effort will first be
made to notify me for medical direction. If you are unable to notify me for medical direction, Lori Rickert or her Instructor's may
determine the best medical 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 _____
Physicians Address _____ Phone _____
Insurance _____ Identification Number _____

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 and her Instructors 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 or Dance.
Authorizing Signatures: BOTH NEEDED!

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 _____

PLEASE FILL THIS OUT IF YOU HAVE ANY POSSIBLE CONFLICTS WITH CLASS TIMES!

Classes will be scheduled this Fall: Tuesday or Thursday 4:00 pm – 9:00 pm, Saturday 9:00 am – 1:00 pm.

Your child's class time will be held within these times once a week. A schedule will be based on this form if received by
the deadline but cannot be guaranteed. I appreciate as much flexibility as possible to ensure a suitable class for your
child!

Is your child available for a Saturday Class? _____ Is a 4:00 class after school a possibility? _____

Please list any other specifics necessary in scheduling for your child. I appreciate as much flexibility in scheduling! Please
be specific. Note: What is the earliest time your child can participate?

NOTE: REG. FEE MUST BE PAID & ENTIRE FORM COMPLETED FOR YOUR CHILD TO BE REGISTERED!

MAILING ADDRESS: LORI RICKERT / ADEL TUMBLING TEAM, 211 S. 7TH STREET, ADEL, IOWA, 50003.