

Dance and Gymnastics Program

Information & Policies

Cumming Recreation & Parks Department Dance & Gymnastics Programs
September 2026 – May 2027

Session Schedule Each session consists of 6 weeks of classes, with one week off between sessions.

- September – October 2026
- November – December 2026
- January – February 2027
- February – March 2027
- April – May 2027

Program Information

The Cumming Recreation & Parks Department Dance and Gymnastics programs are progressive programs. Once your child is enrolled, you will have the first opportunity to register for the next session of the class they are currently enrolled in, before enrollment is opened to students on the waiting list or to the general public.

Gymnastics

Gymnastics is a progressive strength and skill-based program. For consistency and continued development, coaches recommend that participants remain in their current class until they have mastered the required skills/age requirement. When your child is ready to advance to the next level, their coach will notify you.

Dance

Unless otherwise noted, all dance classes participate in the Annual Spring Dance Recital in May 2027. To ensure adequate rehearsal time and preparation for the recital, the Cumming Recreation & Parks Department will not accept new dance students after the January–February 2027 session, no exemptions.

Make-Up Classes & Refund Policy

- Classes missed by a participant will not be made up, and no refunds will be issued for missed classes for any reason.
- If a class, program, or camp day is canceled by the instructor or by the Cumming Recreation & Parks Department—including cancellations due to inclement weather—the class will not be rescheduled. Instead, a prorated refund will be issued using the original payment method:
 - o Payments made by credit card will be refunded to the credit card.
 - o Payments made by cash or check will be refunded by check.
- Refunds will not be issued as account credits.

Important Notice

The Cumming Recreation & Parks Department does not follow the Forsyth County School System calendar, schedule, or school-related closures and activities. Recreation programs operate according to the department's own schedule unless otherwise announced.



Gymnastics

Dobbs Creek Recreation Center
1115 Dahlonega Hwy. Cumming, GA



[Coach Janelle Tencza](#) is the lead instructor of our early childhood gymnastics program. She grew up in Milton, GA and has been involved in the sport of gymnastics for over 40 years as a gymnast and coach. She graduated from Brigham Young University with a degree in Athletic Training & Sports Medicine and is currently a member of USA Gymnastics and AAU Gymnastics. Janelle has a special talent for developing the love of gymnastics in our younger gymnasts.

Age 15 mos. -7 yr. with Coach Janelle

MOM/POP AND TOT—A fun structured time for parents to interact with their toddler as they're introduced to gymnastics & motor skills on their level. All apparatus used are kid friendly for age and size. Ages 15 mos—2 ½ years.

MINI TOTS—This structured class is just for toddlers, helping them develop gymnastics and motor skills on their level. This class would also help children enhance their listening and social skills in a structured and fun atmosphere. All apparatus used are kid friendly for age and size. Ages 2 ½—3 ½ years.

TUMBLE TIGERS 1, 2 & 3—Gymnastic classes that use all gymnastics equipment and introduces basic skills and progressions appropriate for the ages and abilities.

TT1 Ages 3 ½—4 ½ years; TT2 Ages 4 ½—5 ½ years; TT3 Ages 5 ½—7 years. (When your child reaches the maximum age for Tumble Tigers, consult with instructor before signing up for next level of Tumble Tigers.)

MINI TEAM—For the young gymnast that is ready to progress to the next level of skills. The class will concentrate on developing strength, flexibility, proper form and skills in a fun and safe environment. Ages 4—5 ½ years. Must be evaluated to register for this class.

TUMBLE TIGERS 4—For the young gymnast that is ready to progress to the next level of skills. The class will concentrate on developing strength, flexibility, proper form and skills in a fun and safe environment. Ages 5—7 years. Must be evaluated to register for this class.



Gymnastics Birthday Party



We will provide the gymnastics instructor and equipment for a great time tumbling with friends. 1 and 1/2 hrs.

\$250 for 13 children, (\$15 for additional child.)

call 770-781-2030 to book a party.



The Gymnastics Instructor will lead the birthday guest in a fun filled time of tumbling and imagination. What a great way to celebrate that special day. You supply table decorations, light refreshments and supplies. Our Gymnastics Instructor will call you to discuss the details of this fun and memorable event.

Gymnastics

Age 15 mos. -7 yr. with Coach Janelle



MOM, POP & TOTS Age 15 Mos.-2 ½ \$85

Tuesday 9:30-10:00 am
Wednesday 10:10-10:40 am
Wednesday 5:30-6:00 pm
Friday 9:30-10:00 am

MINI TOTS Age 2 ½-3 ½ \$85

Tuesday 10:10-10:40 am
Tuesday 4:30-5:00 pm
Wednesday 9:30-10:00 am
Wednesday 11:40-12:10 pm
Thursday 5:10 -5:40 pm
Friday 10:10-10:40 am



TUMBLE TIGERS 1 Age 3 ½--4 ½ \$95

Tuesday 10:50-11:30 am
Wednesday 10:50-11:30 am
Wednesday 3:30-4:10 pm
Thursday 4:20-5:00 pm
Friday 10:50-11:30 am

TUMBLE TIGERS 2 Age 4 ½--5 ½ \$95

Tuesday 11:40 am-12:20 pm
Tuesday 5:10-5:50 pm
Thursday 3:30-4:10 pm
Friday 11:40 am-12:20 pm

TUMBLE TIGERS 3 Age 5 ½-7 \$100

Tuesday 3:30-4:20 pm
Wednesday 6:10-7:00 pm

TUMBLE TIGERS 4 Age 5-7 \$110

Must be evaluated for this class.

Tuesday 6:00 -7:00 pm
Wednesday 4:20 -5:20 pm

MINI TEAM Age 4-5 ½ \$110

Must be evaluated for this class.

Wednesday 1:30-2:30 pm
Thursday 5:50-6:50 pm

Sessions 6 wks.

Tuesday Classes

Sept 8-Oct 20
(no class Sept. 29)
Nov. 3-Dec.15
(no class Nov. 24)
Jan 5-Feb 9
Feb 23-Mar 30
Apr 13-May 18

Wednesday Classes

Sept. 9-Oct. 21
(No class Sept. 30)
Nov. 4-Dec. 16
(no class Nov. 25)
Jan. 6-Feb. 10
Feb. 24-Mar. 31
Apr. 14-May 19

Thursday Classes

Sept. 10-Oct. 22
(no class Oct. 1)
Nov. 5-Dec. 17
(no class Nov. 26)
Jan. 7-Feb. 11
Feb. 25-Apr. 1
Apr. 15-May 20

Friday Classes

Sept. 11-Oct. 23
(no class Oct. 2)
Nov. 6-Dec. 18
(no class Nov. 27)
Jan. 8-Feb. 12
Feb. 26-Apr. 2
Apr. 16-May 21

Gymnastics participant families must stay in the designated gymnastics viewing area.



Gymnastics

Age 6+ with Coach Rae



Coach Rae Barnes has been dedicated to gymnastics since age 3. She participated in the CRPD classes and progressing to Level 6 Gymnast. Rae is now the proud owner and driving force behind **Incoming Gymnastics**. Her commitment to the gym and its athletes is unwavering, as she dedicates herself to inspiring and nurturing young gymnasts daily. Rae and her coaches are members of USA Gymnastics and AAU Gymnastics.

GIRLS GYMNASTICS 1 and 2 (Progressive) - A set of classes for girls to learn basic gymnastics skills through appropriate skill progressions on women's events.

GIRLS GYM 1 \$100 6/wks.

Tuesday 3:30-4:20 pm

Wednesday 6:40-7:30 pm

Thursday 4:40-5:30 pm

GIRLS GYM 2 \$110 6/wks.

Tuesday 4:30-5:30 pm

Wednesday 5:30-6:30 pm

Thursday 3:30-4:30 pm

Tuesday Classes

Sept 8-Oct 20
(no class Sept. 29)
Nov. 3-Dec.15
(no class Nov 24)
Jan 5-Feb 9
Feb 23-Mar 30
Apr 13-May 18

Wednesday Classes

Sept. 9-Oct. 21
(No class Sept. 30)
Nov. 4-Dec. 16
(no class Nov. 25)
Jan. 6-Feb. 10
Feb. 24-Mar. 31
Apr. 14-May 19

Thursday Classes

Sept. 10-Oct. 22
(no class Oct. 1)
Nov. 5-Dec. 17
(no class Nov. 26)
Jan. 7-Feb. 11
Feb. 25-Apr. 1
Apr. 15-May 20

Register for Girls Gym 1 and 2 at crpdonline.com

For Competition Team Gymnastics Contact: info@incominggymnastics.com



Homeschool Gym & Dance Class

Instructor: Andrea Olsen
Dobbs Creek Recreation Center
Meets: Tuesdays, 1:15 pm-2:00 pm
Cost: \$95



Boys and girls will have a blast learning fun and easy dance steps, AND gymnastics skills with creative props and upbeat music. No experience necessary.

Instructor Andrea Olsen participated in C.R.P.D gymnastics and dance classes, including Company Ballet throughout her childhood and teenage years. She has been an assistant and lead instructor with the CRPD preschool gymnastics program for over 6 years. She was homeschooled from K-12 and wants to share her love of dance and gymnastics with the local homeschooling community.