

## About the Program

The goal of Dizzy's Tumblebus program is to promote each child's physical, social and emotional growth through his or her accomplishments. We want your child to feel special and proud of new accomplishments through positive feedback and encouragement from our teachers. Exercises are designed to build coordination, strengthen muscles and bones, develop gross motor skills, and improve perceptual motor skills. The children learn a simplified form of basic gymnastic routines and positions in a non-competitive environment.

## Why Dizzy's Tumblebus?

With today's busy lifestyle, we have found that parents aren't always able to find the time to do all they want for their children. By bringing Dizzy's Tumblebus to your school, we give each child the opportunity to participate in an excellent fitness program that doesn't infringe on the family's valuable evening hours. It is also valuable on those rainy days when not much outside play-time may be provided at school.

## Dizzy's Tumblebus & Dizzy's Bus Stop

is also available for Birthday Parties and Special Events  
**(425)-564-TBUS**

## How to Enroll

Contact Dizzy's Tumblebus directly or your childcare facility to find out when classes are scheduled at your school or daycare. If Dizzy's Tumblebus isn't currently at your child's school, please let us know and we'll do our best to start a weekly class! You may get a registration form from your childcare facility or register on-line at **[www.dizzybus.com](http://www.dizzybus.com)**.

**Call now to start your  
child's Tumbling Fun!**

**Call (425)-564-TBUS (8287)**  
[www.dizzybus.com](http://www.dizzybus.com)  
e-mail: [info@dizzybus.com](mailto:info@dizzybus.com)

## Dizzy's Tumblebus & Bus Stop

3205 148th Ave SE, Suite E  
Bellevue, WA 98007

**We Come to you with  
Dizzy's Tumblebus  
Or...  
Come play with us at  
Dizzy's Bus Stop**



## mobile tumbling program

Offered at childcare facilities  
throughout the Eastside &  
Greater Seattle Area

425-564-TBUS (8287)

Toll Free  
888-DIZZY-44  
(888-349-9944)

3205 148th Ave. SE, Ste E.  
Bellevue, WA 98007  
Located in Bellevue Near I-90

**[dizzybus.com](http://dizzybus.com)**



## Tumblebus Gym

- \* A Full-Sized School Bus Converted into a Mini-Gym!
- \* EASY, FUN and UNIQUE Way to Provide Physical Fitness for your Child
- \* Equipped with: Slide, Beam, Vault, Trampoline, Ropes, Rings, Monkey Bars, Climbing Apparatus and MORE... Set-Up Changes Weekly
- \* We Come to You, No Transportation Involved
- \* Two Trained Instructors Lead the Children in Tumbling and Movement Activities
- \* Weekly Themed Lesson Plans Set to Lively Music; Keeps Class New and Fun!
- \* Classes are held during preferred daytime hours for an ACTIVE, ENERGETIC program in a SAFE and supervised environment.



## Our Philosophy

Our mission is to put a smile on your child's face. We want Dizzy's Tumblebus to be a fun, positive, and encouraging experience that helps build your child's confidence to believe in themselves. Our reward comes from a child accomplishing something new that they never thought they could do.

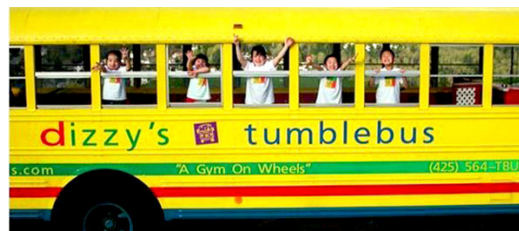
## Your Child's Rewards

Your child gets an opportunity to explore and learn new tumbling skills, play and dance around to lively music, and to use their imagination through creative movements. Each lesson plan introduces a new song or skill to your child so they can continuously learn new things, while practicing skills they learned in previous weeks. Lesson plans are adapted to toddler and pre-school age groups.



## Your Rewards

Your child gets an opportunity to do something fun and unique during the week, that's sure to bring a smile to their face. You also save on valuable family evening time because the classes are held during the day at their childcare facility or school! We strive to make Dizzy's Tumblebus class your child's favorite day of the week; we come on the same day and time. In addition, we are always available to phone or e-mail if you have any questions about your child's progress or the Tumblebus Program.



## We've Been Around

Dizzy's Tumblebus is excited to be celebrating its' 8th year of service to childcare facilities on the Eastside and Seattle area. We offer a top quality program that is designed specifically for children between the ages of 18 months and 6 years.

## Our Credentials

Dizzy's Tumblebus is an active Member Club of USA Gymnastics. We derive our program from the following trainings:

- USAG Safety Certification
- USAG Kinder Accreditation for Teachers
- Patti Komara's Tumblebear Program for Preschoolers
- CPR and Basic First Aid Training through American Red Cross

We continually update our knowledge and skills in the field of physical education, child care and development, and preschool and junior gymnastics.



**Sign Up Now!**  
**Call (425)-564-TBUS (8287)**  
**[www.dizzybus.com](http://www.dizzybus.com)**

# Did you know...

Dizzy's Tumblebus comes to your child's school every week for tumbling & movement classes?

**THURSDAYS 9:00am**

## What is Dizzy's Tumblebus, you ask?

A super fun school bus that has been converted into a Gym on Wheels.

### What we offer:

- Two Trained Instructors to lead the children in tumbling and movement activities all inside the tumblebus
  - Large variety of equipment to help strengthen both upper and lower body
- Games & Activities to improve balance & coordination
- Weekly Themes to Keep Classes New & Fun
  - 30 Minute Lesson Each Week
- For Children 18 Months to 6 Years Old

### How to try it out

We offer a **FREE** trial to anyone who is interested in trying out Dizzy's Tumblebus. Just let your child's teacher know and we will take them the next time we're there.

### More Questions?

Call 425.564.8287 or go online to check out our website at [www.dizzybus.com](http://www.dizzybus.com)

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