



# TUMBLING 101

Improve Flexibility and Learn Basic Tumbling Techniques including:  
 Front Rolls, Back Rolls, Cartwheels, Walkovers, Front Handspring,  
 Back Handspring and More.

**Cost: \$35/Ballard, \$45/Non-Ballard**

*\*Spring Break Week, Monday-Thursday, March 14-17th*

10:00-10:30am — Pre-School/Kindergarten

10:35-11:05am — 1st-3rd Graders

**\*\*Limited to 10 participants per group. May add additional class if needed.**

**\*\* All classes will be instructed by Mikeely Denger.**

Mikeely Denger graduated from Panorama High School and DMACC with her liberal arts degree. She is currently a Junior at ISU earning her Bachelors Degree in Psychology with plans to become a clinical/counseling psychologist. She works part-time at 3c's, cashiers at Menards and teaches dance each week at the studio she grew up at—Main Street Dance Studios. Mikeely has been dancing for 17 years and has studied ballet, pointe, jazz, tap, lyrical, contemporary, tumbling and hip hop. She competed in dance for 8 years bringing home many trophies and traveling all over Iowa and surrounding states. From group dances, solos, duets and even productions, she has experienced success. In high school, she was part of the dance team and participated in group and solo competitions bringing home 3 state titles and many other placings as well. She performed in the All Iowa Honor Dance Team for 3 years. Mikeely's dream is to someday open up her own dance studio. She has been teaching since she was 12 years old which has always been one of her favorite things to do. She has taught many different classes, performed on stage with many of the classes that she has taught and has choreographed dances for recitals and competitions. Her passion is working with kids.

