

Home of 2012 & 2016 Olympian Steven Gluckstein  
Come be a part of the Olympic movement!

## Advanced Trampoline Program

**Ages:** 10 & Under 11-13

**Entails:** 15-30 minutes of Tumbling  
60-75 minutes of Trampoline  
(90 minutes total)

In the Advanced trampoline program the athlete has mastered the foundation of competitive trampoline gymnastics and a longer class is necessary to focus on drills and progressions for harder skills. In this 90 minute class the athlete will train and practice **competitive levels** from USA Gymnastics and learn **twisting flips** and **connections**. Strength and Conditioning, coordination, and flexibility are incorporated and play a very important role in this class because all 3 are necessary to perform the advanced skills and routines.

The advanced class sometimes serves as a gateway to the competitive team if that is what the athlete wants; However, that is not the main focus of this class.

### Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 & Under	7:10-8:40		6:10-7:40			9:30-11
11-13 yrs		4:30-6:00 7:15-8:45		7:10-8:40		

\*Check with front desk if class is available as some may already be full

\*Pricing and Discounts on back of paper

## Pricing:

	Spring 1 (8 weeks) [2/27-4/22]	Spring 2 (9 weeks) [4/24-6/24]
1.5 hour class	\$256	\$288

\*There is an addition \$45 registration fee due once per year

## Discounts:

### -Referral Program

(\$15 off of your next term's tuition for every new member sign up referred by you)

### -Second Class

(20% off your second class of the same term)

### -Siblings

(receive 10% off your second child's tuition and 15% off for every child after that)

### -Members Open Bounce

(\$5 off Open Bounce if you are a current registered student)

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