

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

Advanced Tumbling

Ages: 10 & Under 11-13

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

In this advanced tumbling program the athlete will build from their basic tumbling foundation into complex skills and connections. From world class coaching connections such as **round-off back handspring, two back handsprings, front handsprings, front flips, aerials**, and more will be learned. The trampolines and spotting harness will be utilized to teach flips, handsprings, and connections safely on a soft surface before performing them on the spring floor.

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 connections. This 90 minute class will also utilize springboards, mini-trampolines, and various mats to help teach progressions and more advanced skills.

Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 & Under	6:10-7:40		7:10-8:40			
11-13 yrs				7:10-8:40		

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

*Pricing & 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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