

# eliteTRAMPOLINEACADEMY

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

## Cheer Prep Program

**Ages:** 5-7 8-10 11-13

**Entails:** 15 minutes Trampoline  
45 minutes Spring Floor  
(60 minutes total)

The Cheer Prep Program is designed to help cheerleaders or cheer enthusiasts prepare for their cheerleading season or simply teach those who are interested in cheer. The athletes will learn various *jumps, turns, flips, flexibility, and tumbling* (**somersaults, handstands, cartwheels, round-offs, walkovers, handsprings**, and connections of the listed). Elite Trampoline Academy specializes in world class flipping and tumbling therefore this class will be perfect for those with ambitions of being great at cheerleading.

**ETA follows the cheerleading level structure starting a level 1 of:**

- standing tumbling: front walkover, back walkover, forward roll, cartwheel
- running tumbling: round off, can connect to walkover
- jumps: two connecting jumps to walkover

**and training all the way up to level 5:**

Level 5:

- standing: fulls, back tuck, punch front, handsprings to fulls or double fulls
- running: round off double full (or full), round off multiple back handsprings to whip fulls
- jumps: five jumps to tuck or full, jumps to punch front

### **Schedule:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-7 yrs	5:00-6:00		3:50-4:50		3:50-4:50	
8-10 yrs		6:10-7:10		5:00-6:00		12:00-1:00
11-13 yrs					6:10-7:10	

\*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 hour class	\$172	\$193.50

\*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)

Elite TRAMPOLINE Academy

549 Rt. 35

Middletown, NJ 07748

732-747-4000

[www.EliteTrampolineAcademy.com](http://www.EliteTrampolineAcademy.com)