

eliteTRAMPOLINEACADEMY

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

Summer Camp Program

Ages: 5-12

Entails: 4 hours of: * Trampoline * Tumbling * Gymnastics * Games * Fitness *

In this summer camp program the athletes will learn the basic foundation of trampoline, tumbling, and gymnastics. While doing so they will enjoy games and challenges. The 4 hours spent at ETA is extremely educational warranted by our world class coaching staff. Each child will learn the basics such as **forward** and **backwards roll**, **handstands**, and **cartwheels**. Supports, rolls, hangs, and swings on the **bars**, and **rings**. Each skill is taught with safety being a top priority, through proper progressions, drills, spotting from the coach, and specific mats to aid in the process. On the trampoline, various jumps like **tuck**, **pike**, and **straddle** will be taught in the beginning and progress through **seat** and **back drops** up to **flips** and **twisting flips**. The students will partake in contests such as longest handstand, most consecutive swivel hips, highest 10 jumps, relay races and more! Students will learn and practice gymnastics, and have fun, by doing various **obstacle courses**.

Certain core and gymnastics **exercises** along with **stretches** will be taught and practiced to aid in learning harder gymnastics moves and to live a *healthy lifestyle*. 20-30 minutes will be allocated to break and have lunch or snack. Every student will leave happy and tired from a fun-filled, hard-working, and high-flying day!

Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am- 1:00pm	9:00am- 1:00pm	9:00am- 1:00pm	9:00am- 1:00pm	9:00am- 1:00pm

*Be sure to reserve in advance to make sure the class is not already full

*Pricing on back of paper

Pricing:

1 Day 4 hour Camp	1 Week (5 Days) 4 hour Camp
\$65	\$200

Elite TRAMPOLINE Academy

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www.EliteTrampolineAcademy.com