



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
1.5 hour class	4:00-5:30pm (5-7yrs)	5:00-6:30pm	6:10-7:40pm 7:15-8:45pm			9:30-11:00am

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

*Pricing and Discounts on back of paper

Pricing:

	Fall 1 (8 weeks) [9/4-10/27]	Fall 2 (8 weeks) [10/29-12/22]	Winter 1 (9 weeks) [1/2-3/2]	Spring 1 (8 weeks) [3/4-4/27]	Spring 2 (9 weeks) [4/29-6/29]	Summer 1 (9 weeks) [7/1-8/29]
1.5 hour class	\$272	\$272	\$306	\$272	\$306	\$306

*There is an addition \$50 registration fee due once per year

****Fall 1** Monday classes will be prorated for 7 weeks due to Labor Day

*****Fall 2** Thursday classes will be prorated for 7 weeks due to Thanksgiving

******Winter 1** Monday & Tuesday classes will be prorated for 8 weeks due to New Year's Day

*******Spring 2** Monday classes will be prorated for 8 weeks due to Memorial Day

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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