



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

## Trampoline Program

**Ages:** 5-7 8-10 11-14 Adult

**Entails:** 15 minutes of Tumbling  
 45 minutes of Trampoline  
 (60 minutes total)

In this trampoline program the athlete will learn the foundation of competitive trampoline gymnastics through proper progressions and drills. Basic trampoline skills include learning to jump with control and stability in the center, **seat drops, tuck, pike, and straddle jumps, turns, stomach and back drops, front and back flips**, and progressing into **twisting flips**. All skills are taught through proper progressions and skills with the use of mats, spotting, and safety harnesses under world class coaches.

In this 60 minute class the athletes will also learn basic tumbling from rolls, handstands, cartwheels, round-offs, to walk-overs and handsprings.

Strength and conditioning, flexibility, and coordination drills are included in the class as it plays a very important role in the athlete's ability to perform skills on the trampoline and in tumbling.

Above all, while learning to fly in this state of the art facility with its national, international, and Olympic experience in athletics and coaching, your child will have the time of their life!

### Schedule:

|                  | Monday      | Tuesday      | Wednesday | Thursday  | Friday        | Saturday    |
|------------------|-------------|--------------|-----------|-----------|---------------|-------------|
| <b>5-7 yrs</b>   | 5:00-6:00   | 3:50-4:50    | 5:00-6:00 | 3:50-4:50 | 5:00-6:00     | 10:00-11:00 |
| <b>8-10 yrs</b>  | 3:50-4:50   | 3:50-4:50    | 5:00-6:00 | 5:00-6:00 | 5:00-6:00     | 10:00-11:00 |
| <b>11-14 yrs</b> | 3:50-4:50   | 6:10-7:10    |           | 6:10-7:10 | 4:00-5:00     |             |
| <b>Adult</b>     | 8:00-9:00pm | 9:15-10:15am |           |           | 10:30-11:30am |             |

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

\*Pricing & Discounts on back of paper

## Pricing:

|                     | Fall 1<br>(8 weeks)<br>[9/4-10/27] | Fall 2<br>(8 weeks)<br>[10/29-12/22] | Winter 1<br>(9 weeks)<br>[1/2-3/2] | Spring 1<br>(8 weeks)<br>[3/4-4/27] | Spring 2<br>(9 weeks)<br>[4/29-6/29] | Summer 1<br>(9 weeks)<br>[7/1-8/29] |
|---------------------|------------------------------------|--------------------------------------|------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|
| <b>1 hour class</b> | \$188                              | \$188                                | \$212                              | \$188                               | \$212                                | \$212                               |

\*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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