



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

Tumbling Program

Ages: 5-7 8-10 11-14

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

In this tumbling program the athlete will learn the basic foundation of tumbling. Through proper progressions, use of mats, obstacle course, drills and spotting, the athlete will learn on our 40x80 foot spring floor: **basic rolls, positions, handstands, cartwheels, round-offs, walkovers, handsprings**, and connections. This 60 minute class is great for those interested in *cheerleading, acro, gymnastics, and tumbling*.

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.

The athlete must be strong enough to hold themselves upside-down before performing skills upside-down; therefore, we make sure they are strong enough to do so before hand.

Trampoline plays a role in helping the tumbler learn balance, core strength, and tumbling skills on a softer surface.

Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-7 yrs	3:50-4:50	3:50-4:50		5:00-6:00	5:00-6:00	
8-10 yrs	5:00-6:00	5:00-6:00	3:50-4:50		5:00-6:00	11:00-12:00
11-14 yrs	3:50-4:50	6:10-7:10		6:10-7:10	4:00-5:00	

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

*Pricing & 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 hour class	\$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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