

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.

Fall Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 & Under	7:10-8:40		6:10-7:40			9:30-11
11-13 yrs		4:30-6:00		7:10-8:40		

Pricing:

	Term 1 (8 weeks) [9/6-10/29]	Term 2 (8 weeks) [10/31-12/23]
1.5 hour class	\$256	\$256

*There is an addition \$45 registration fee due once per year

Discounts:

-Early Bird Registration

(Sign up for term 1 by Aug. 20 & receive 50% off registration fee)

(Sign up for terms 1 & 2 by Aug. 20 & receive *free* registration fee)

-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)