

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

Tumbling Program

Ages: 5-7 8-10 11-13 14-17

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 athletes' ability to perform skills on the trampoline and in tumbling.

The athletes 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.

Fall Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-7 yrs	3:50-4:50	3:50-4:50	5:00-6:00	6:10-7:10	5:00-6:00	12:00-1:00
8-10 yrs	5:00-6:00	5:00-6:00	3:50-4:50	6:10-7:10	5:00-6:00	11:00-12:00
11-13 yrs	5:00-6:00	3:50-4:50	3:50-4:50	3:50-4:50	5:00-6:00	
14-17 yrs	5:00-6:00	6:10-7:10		3:50-4:50		

Pricing:

	Term 1 (8 weeks) [9/6-10/29]	Term 2 (8 weeks) [10/31-12/23]
1 hour class	\$172	\$172

*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)