

# eliteTRAMPOLINEACADEMY

## Advanced Programs

### *Advanced Trampoline Program and Advanced Tumbling Program*

<b>Entails:</b>	<b>Advanced Trampoline</b>	<b>Advanced Tumbling</b>
	15-30 minutes Tumbling 60-75 minutes Trampoline	15-30 minutes Trampoline 60-75 minutes Tumbling

In the **Advanced Trampoline Program** the athlete has built a foundation of trampoline skills. In this 90-minute class the athlete will train and practice more advanced such as **front and back flips, baranis, ballouts and cody**. 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.

In **this Advanced Tumbling Program** the athlete will build from their basic tumbling foundation into complex skills and connections, such as **round-off back handspring, two back handsprings, front handsprings, front flips, standing back tuck, aerials**, and more will be learned. Strength, conditioning and flexibility are incorporated and play a very important role in this class because all 3 are necessary to perform the advanced skills and connections.

**Schedule:** Please check with front desk for availability

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Advanced Trampoline</b>		6:15-7:45		4:45-6:15 6:15-7:45		9:30-11:00
<b>Advanced Tumbling</b>	6:15-7:45		6:15-7:45			

**Pricing:** Pricing does not include an annual registration fee. \*Please see prorated price adjustments due to holidays on back of sheet.

	Fall 1 (7 weeks) [9/14-10/30]	Fall 2 (8 weeks) [11/2-12/18]	Winter 1 (8 weeks) [1/4-2/27]	Spring 1 (9 weeks) [3/1-5/1]	Spring 2 (8 weeks) [5/3-6/26]	Summer 1 (8 weeks) [7/5-8/28]
<b>1.5 hour class</b>	\$252	\$252	\$288	\$324	\$288	\$288

## **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

## **Prorated Price Adjustments:**

**Fall 1:** Saturday classes will be prorated for 6 weeks due to Labor Day

**Fall 2:** Thursday classes will be prorated for 6 weeks due to Thanksgiving

**Spring 2:** Monday classes will be prorated for 7 weeks due to Memorial Day

## **Class Policy**

\*A class must have a minimum of 3 students to open

\*Should a class not include enough students, the class can be moved/combined to another day/time or the student may receive credit value.



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**Elite Trampoline Academy**

**549 Route 35**

**Red Bank, NJ 07701**

**732-747-4000**

**[www.EliteTrampolineAcademy.com](http://www.EliteTrampolineAcademy.com)**