

# eliteTRAMPOLINEACADEMY

## Recreational Programs

*Tumbling/Cheer Prep Program, Gymnastics Program, and Trampoline Program*

In our **Tumbling/Cheer Prep 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. 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. This 60-minute class is great for those interested in **dance, cheerleading, acro, gymnastics, and tumbling**.

**Tumbling/Cheer Prep Schedule:** Please check with the front desk for availability

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5-7 yrs</b>	3:45-4:45			3:45-4:45		
<b>8-10 yrs</b>						

The **Gymnastics Program** is a 60-minute class using all the equipment in the gym including trampolines, bars, rings, balance beams, mats (wedges, barrels, panel mats, etc.), spotting harness, spring floor, mini trampolines, double-mini trampoline, springboards, resi-mats, blocks, and more.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5-7 yrs</b>	5:00-6:00 (BOYS)	3:45-4:45	5:00-6:00			
<b>8-10 yrs</b>		5:00-6:00		3:45-4:45		

In our **Trampoline Program** the athlete will learn the foundation of trampoline skills 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. In this 60-minute class the athletes will also learn basic tumbling from rolls, handstands, cartwheels, round-offs, to walk-overs and handsprings.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-7 yrs		3:45-4:45				11:00-12:00
8-10 yrs			5:00-6:00	5:00-6:00		11:00-12:00
11-14 yrs	4:00-5:00				5:00-6:00	

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

	Fall 1 (7 weeks) [9/14-10/30]	Fall 2 (7 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]
1 hour class	\$175	\$175	\$200	\$225	\$200	\$200

**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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