

# eliteTRAMPOLINEACADEMY

## Advanced Programs

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

**Entails:**     **Advanced Trampoline**  
 15-30 minutes Tumbling  
 60-75 minutes Trampoline

**Advanced Tumbling**  
 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>	6:30-8:00		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 (8 weeks) [9/7-10/30]	Fall 2 (8 weeks) [11/1-12/23]	Winter 1 (9 weeks) [1/3-3/5]	Spring 1 (8 weeks) [3/7-4/30]	Spring 2 (8 weeks) [5/2-6/25]	Summer 1 (9 weeks) [6/27-8/27]
<b>1.5 hour class</b>	\$296	\$296	\$333	\$296	\$296	\$333

## **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 sibling discount

### **-Members Open Bounce**

\$5 off Open Bounce if you are a current registered student

## **Prorated Price Adjustments:**

**Fall 1:** Monday classes will be prorated for 7 weeks due to Labor Day

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

**Winter 1:** Monday, Tuesday & Wednesday 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

## **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)