

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
5-7 yrs	3:45-4:45	5:00-6:00	2:45-3:45		3:45-4:45	
8-10 yrs		4:00-5:00				
11-14 yrs				4:00-5:00		

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
5-7 yrs	5:00-6:00 (BOYS)	3:45-4:45	5:00-6:00 4:45-5:45	5:00-6:00 5:00-6:00		11:00-12:00
8-10 yrs	5:00-6:00 (Boys) 6:15-7:15 (girls)	5:00-6:00	5:00-6:00			11:00-12:00

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			10:00-11:00
8-10 yrs			5:00-6:00	5:00-6:00		
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 (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) [5/2-6/2]5	Summer 1 (9 weeks) [6/27-8/27]
1 hour class	\$208	\$208	\$234	\$208	\$234	\$234

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 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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