



# Trampoline & Tumbling Classes

for Students in First Grade and Older  
School Year 2011-2012

**Trampoline and Tumbling** is a sport open to everyone. Body type and size are not nearly as important in trampoline and tumbling as in traditional gymnastics. People of all ages and body types are capable of performing on an equal level, even competitively, thanks to the unique spring devices used at Trampoline and Tumbling events.

The movement skills and the kinesthetic awareness (“air sense”) acquired in Trampoline and Tumbling transfer perfectly to other sports such as diving, cheerleading, acro-skiing, jump roping, sport parachuting, and snowboarding.

Most students attend class once or twice per week. We do provide discounts for attending more than one class per week and for multiple children in one family. Please see our Class Payment Policies page for more information regarding our discount program.

## T&T Classes

- **T&T Level 1 & 2** classes are 65 minutes long. Level 1 is our entry level class where the basics of tumbling and trampoline are taught. In addition to perfecting these skills, the Level 2 classes begin work on more advanced skills such as back handsprings on the floor and somersaults (“flips”) on the trampoline.
- **Level 3 classes** are 80 minutes long. These students have mastered back handsprings on floor and flips on the trampoline and begin to really focus on power tumbling and begin to learn more advanced trampoline routines. Students at this level are eligible for our T&T competitive program.

We recommend 1-2 classes per week.

| <b>Monday</b>                                | <b>Tuesday</b>                        | <b>Wednesday</b>                 | <b>Thursday</b>      | <b>Friday</b>                      | <b>Saturday</b>                   |
|--|---------------------------------------|----------------------------------|----------------------|------------------------------------|-----------------------------------|
| 4:00-5:05<br>Level 2                         | 4:00-5:05<br>Level 1                  | 4:00-5:05<br>Level 1             | 4:00-5:05<br>Level 1 |                                    | 11:00-11:45<br>Advanced Acro      |
|  | 5:15-6:20<br>Level 1                  | 5:45-6:50<br>Level 1             | 5:15-6:20<br>Level 2 | 4:00-5:30<br>Cheer Skills<br>Class | 11:10-12:15<br>Levels 1 & 2       |
| 6:45-8:00<br>Open Tumbling<br>Ages 12 and up | 6:30-8:00<br>Flip-n-Twist/<br>Parkour | Night Owl<br>T&T 1<br>7:00-8:00* | 6:30-7:50<br>Level 3 |                                    | 12:00-2:00<br>Saturday<br>Workout |

\*Night Owl Classes are 20% off the regular 60 minute class price.

## Specialty Tumbling Classes

- **Cheer Skills Class** is for students in Middle School and older. We will work on all skills students need to make their High School Cheer Squad! Tumbling, Pom-style dance, and cheer jumps. **Fridays 4:00-5:30**. This class charged at the 65-minute gymnastics class rate!
- **Advanced Acro** class is for students who wish to learn tumbling skills for dance routines. Students must have a back-handspring to join this class. Students will work on flips and aerials, as well as flexibility moves.
  - **Advanced Acro: Saturdays 11:00-11:45**

**Drop-in Tumbling Classes** The cost for these classes is \$15 per visit, or \$10 per visit for students currently enrolled in another class at Airborne.

- **Open Tumbling: Monday 6:45-8:00**

This class is geared toward High School students with prior tumbling experience. Perfect for high school cheerleaders or students who wants to keep up on their tumbling skills.

- **Flip & Twist/ Parkour: Tuesday 6:30-8:00**

This class is for students ages 12 and older with prior flipping experience. It is great for extreme sports athletes and kids who just want to flip! We will add in some fun Parkour moves for agility and strength.

## **Saturday Work Out from 12:00-2:00**

Is a concentrated workout time where students currently enrolled in a GymStars or T&T class at Airborne may come to work on skills they are learning in their class. Students must be able to work independently the majority of the time, no horseplay will be allowed. There will be no formal instruction during this time, however instructors are present to help spot and make corrections. Drop-in class students may participate as long as they have attended one class in the past 3 weeks. Saturday Workout is \$10 per visit, or may be done free of charge as a make-up for missed GymStars or T&T classes.

**Parkour** is training to overcome any obstacle in one’s path by adapting movement to the environment. Parkour movements typically include running, jumping, vaulting, climbing, balancing, and quadrupedal movement.