

# Trampoline & Tumbling

## for Students entering First Grade and Older

### Summer 2012



**Trampoline and Power Tumbling** is a sport open to everyone. Body type and size are not nearly as important in trampoline and tumbling as in 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.

### Class Structure

We start each T&T class with general fitness activities, which include cardiovascular fitness, muscular strength, and muscular endurance activities followed by flexibility. After this warm-up, athletes will learn and practice a variety of skills on various types of trampolines and the spring floor. The skills and equipment used will vary from week to week.

### Class Descriptions

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 Price List & Class Policies page for more information regarding our discount program.

**T&T classes are co-ed.** If you think your child will be uncomfortable in a class with primarily students of the opposite sex, please ask how many boys or girls are in the class before registering. We cannot control the ratio of boys to girls in the class.

**T&T Level 1** is the entry level for our T&T classes. Basic skills are mastered on trampoline in addition to tumbling floor work. Students work on rolls, handstands, cartwheels, round-offs, and bridges on floor; basic jumps, control, and drop positions on trampoline. Specific skills must be mastered to progress to Level 2.

**T&T Level 2** students start work on back handsprings on floor and somersaults on trampoline. The basic skills learned in Level 1 continue to be perfected as new skills are introduced. Specific skills must be mastered to progress to Level 3.

**T&T Level 3** students have already mastered back handsprings on floor and flips on the trampoline. Now students 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 Team program**.

<i>Monday</i>	<i>Tuesday</i>	<i>Thursday</i>	<i>Saturday</i>
2:30-4:00 Cheer Skills	4:15-5:20 T&T Level 1	4:00-5:05 T&T Level 2	10:00-11:05 T&T Levels 1 & 2
4:15-5:20 T&T Level 1		5:15-6:20 T&T Level 1	12:00-2:00 <i>Saturday Workout</i>
5:30-6:35 T&T Level 2		<b><u>Open Gymnastics</u></b> Fridays 1:00-2:30, For Ages 5-12 This is unstructured play time in the gym. Instructors will be present to enforce safety rules. Cost is \$8 per student for members, \$12 for non-members.	
5:30-6:50 T&T Level 3	<b><i>Wednesday</i></b>		
5:45-6:30 Advanced Acro	5:30-7:00 Flip-n-Twist, ages 12+		

**Advanced Acro Classes** are designed for dancers and others who wish to learn acrobatic skills for use on hard floors. There will be no work on vault, bars, or beam in this class. More advanced students will learn multiple back handsprings, aerials, and back layouts. Must meet specific skill pre-requisites.

**Flip-n-Twist** is a drop-in T&T class for ages 12 and older. These classes are geared towards tumblers, cheerleaders, divers, and extreme sports athletes. In order to participate, students must have previous tumbling and somersaulting experience.

**Wednesdays 5:30-7:00.** Price is \$15 for class. \$10 per class for students enrolled in another class at Airborne.

**Cheer Skills Class** is designed for High School Cheer leaders. We work on tumbling, jumps, and dance skills specific to cheer leaders. This class is charged at the 65-minute gymnastics class rate.

### **Tumbling & Trampoline Teams**

Airborne has a highly successful T&T Team.

We have had many state, regional, and national champions. Please let your coach know if you're interested in trying out for team!



*Gymnastics & Dance*

1816 Boston Ave., Longmont, Colorado  
303-651-1456 [www.airbornegym.com](http://www.airbornegym.com)