

# Tramp & Tumble Rec Classes

## BEGINNING CLASSES (AGES 6+)

This class is an introduction to trampoline and tumbling for beginners with little or no previous gymnastics experience. Athletes learn basic tumbling skills, such as handstands, cartwheels, round-offs, walk-overs, if applicable, and begin to learn the basics of the back handspring. They also learn basic trampoline skills, such as seat drops, swivel hips, backdrops, and stomach drops. Boys and girls classes available.

## INTERMEDIATE CLASSES (AGES 6+)

In this class, athletes who have perfected the basic beginning skills will begin to learn more advanced trampoline and tumbling skills. Athletes will work on tumbling skills, such as perfecting the back handspring, multiple back handsprings, and round-off back handsprings. They will also work on Trampoline skills, such as back and front flips, back drop pull-over, airplanes, and they will begin to combine skills together in a series. Boys and girls classes available.

## ADVANCED CLASSES (AGES 6+)

This class is designed for athletes who have become proficient with all the skills learned in the previous classes and show a passion for the sport of Trampoline and Tumbling (T&T). Athletes will work on tumbling skills, such as learning tumbling routines, multiple back handsprings into pikes and tucks, and standing back tucks. Students will also work on trampoline skills, such as learning full routines, twisting flips forward and backward, Codys (stomach drop back tuck), Crash dives, and timers for double flips. This is a coed class.

## CLASS & REGISTRATION INFORMATION

Session 4 runs for 10 weeks from July 31 – October 8, 2022.

*(Gym closure on September 5 for Labor Day)*

### Session Tuition:

|                               |          |                               |          |
|-------------------------------|----------|-------------------------------|----------|
| 45 Minutes/week.....          | \$159.00 | 55 Minutes/week.....          | \$190.00 |
| 1 hour & 25 Minutes/week..... | \$279.00 | 1 hour & 55 Minutes/week..... | \$349.00 |

**\*Payment will be broken into two installments due August 1 and September 1.**

## REQUIREMENTS

*Preschool:* ages 3-6 & must be potty trained  
*Beginning/Intermediate/Advanced:* ages 5+

## MAKE-UP CLASSES

A makeup token will be automatically generated for **one missed class per month**. Additional tokens will be generated for cancelled classes. Tokens may be redeemed within 60 days for classes in the same program and class level via the customer portal. A confirmed makeup reserves a spot for an athlete. Due to the limited numbers of athletes permitted, same day makeup class cancellations or missed makeup classes will not be rescheduled. Athletes must be actively enrolled to schedule and participate in makeup classes.

## ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$50 per student or \$75 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

## FOR MORE INFORMATION

Contact Member Services at 303-797-8082 or [info@peakathletics.net](mailto:info@peakathletics.net).  
 To contact the Recreational Gymnastics Director, email Kayla Evancich at [kevancich@peakathletics.net](mailto:kevancich@peakathletics.net).  
 Visit our website at: [www.PeakAthletics.net](http://www.PeakAthletics.net)

## IMPORTANT ADDRESS INFORMATION

**Peak Main facility:**  
 399 Dad Clark Drive, Highlands Ranch, CO 80126  
**West Building:**  
 333 Dad Clark Drive, Highlands Ranch, CO 80126

*On occasion, for special events, classes may be relocated to the West Building. Notification will be given if there are any adjustments to be made.*



## BEGINNING COED

### TUESDAY:

4:30-5:25 pm

5:30-6:25 pm

6:30-7:25 pm

### WEDNESDAY

5:15-6:10 pm (*ages 5-6*)

### SATURDAY:

2:00-2:55 pm

## INTERMEDIATE / ADVANCED COED\*

### SATURDAY:

3:00-3:55 pm

## INTERMEDIATE COED\*

### MONDAY:

6:30-7:25 pm

### THURSDAY:

4:30-5:25 pm

## ADVANCED COED\*

### MONDAY

7:15-8:45 pm

### FRIDAY

6:30-8:00 pm

(P) Represents a pending class. If you are interested in one of these classes, ask about our wait-list options.

(\*) Requires approval from our Rec Director.

(\*\*) Represents a drop-in and pay per class. No enrollment required.