

Tramp & Tumble Classes

PRE-K CLASSES

This class is for preschool and kindergarten aged children that have an interest in Trampoline. Athletes will work on basic tumbling skills, such as forward and backward rolls, handstands, and cartwheels. The students will also learn trampoline basics, such as trampoline safety, seat drops, doggie drops, tummy drops, and they will focus on learning the four positions: tuck, pike, straddle, and straight.

BEGINNING CLASSES

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

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

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 co-ed class.

TEAM

Peak offers a competitive opportunity for Tramp and Tumble (T&T) athletes. T&T is one of the many gymnastics disciplines under the USAG governing body. In Team, athletes compete in the 3 events of T&T: Trampoline, Power Tumbling and Double-Mini. Athletes must have a strong foundation in both Trampoline and Tumbling to be considered for this opportunity. Interested athletes should contact the Trampoline and Tumble Director, Amy Clifford.

BEGINNING BOYS

TUESDAY:

4:30-5:25 pm

5:30-6:25 pm

THURSDAY:

4:30-5:25 pm

FRIDAY:

4:15-5:10 pm

BEGINNING GIRLS

TUESDAY:

4:30-5:25 pm

THURSDAY:

5:30-6:25 pm

FRIDAY:

5:15-6:10 pm

BEGINNING COED

SUNDAY:

3:00-3:55 pm

INTERMEDIATE BOYS*

TUESDAY:

6:30-7:25 pm

INTERMEDIATE GIRLS*

TUESDAY:

3:30-4:25 pm

INTERMEDIATE COED*

THURSDAY:

4:30-5:25 pm

5:30-6:25 pm

SUNDAY:

2:00-2:55 pm

PRE-K

MONDAY:

1:00-1:55 pm (COED)

ADVANCED COED*

TUESDAY:

5:30-6:25 pm

THURSDAY:

6:00-6:55 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 T&T Rec Manager.

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

CLASS & REGISTRATION INFORMATION

Session 1 runs for 10 weeks from January 6-March 16, 2019.

(Gym closure January 1-5, 2019 for the winter break holiday)

Session 1 Tuition:

45 Minutes/week.....\$142.00

1 hour/week.....\$170.00

1.5 hours/week.....\$252.00

2 hours/week.....\$320.00

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.

FREE TRIAL CLASS & MAKE-UP CLASSES

Peak Athletics allows one free trial class. Once a student is enrolled, there will be NO REFUNDS allowed unless a student is injured or has a severe illness. Each student is allowed to schedule three make-up classes per ten-week session. Make-ups must be completed in the same session & the student must be actively enrolled.

REQUIREMENTS:

Preschool: ages 3-6 & must be potty trained
Beginning/Intermediate/Advanced: ages 5+ and in 1st grade or above

FOR MORE INFORMATION:

Contact Member Services at 303-797-8082 or info@peakathletics.net.

To contact the T&T Director, email **Amy Clifford** at aclifford@peakathletics.net.