

# 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.

## GYMNASTICS & TRAMP OPEN GYM

Rec gymnastics and Tramp and Tumble athletes are invited to attend this special Open Gym to work independently on skills learned in class. **Space is limited to 15 athletes;** Pre-registration is allowed for current Peak athletes via Parent Portal or by contacting our Member Services 303.797.8082.

Walk-in registration is available. Cost is \$8 for enrolled members and \$12 for non-current or non-Peak members (no refunds or credits).

## TRAMPOLINE CLASS

This class is perfect for boys and girls ages 6-12 of all skill levels that love to jump on the trampoline. This class will focus on skill building, strength and air awareness.

## 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:

6:30-7:25 pm

### SUNDAY:

2:00-2:55 pm

## PRE-K (RR)

### MONDAY:

1:00-1:55 pm (COED)

2:00-2:55 pm (COED)

## GYMNASTICS & TRAMP OPEN GYM

### MONDAY:

7:30-8:30 pm

### FRIDAY:

7:30-8:30 pm

*\*Currently enrolled Gymnastics and T&T  
Rec athletes \$8 - may register online via  
Parent Portal.*

*\*Non-enrolled or non-Peak members  
\$12 - call to register (303.797.8082)*

*\*Space is limited!*

## ADVANCED COED\*

### TUESDAY:

5:30-6:25 pm

## TRAMPOLINE CLASS COED

### MONDAY:

6:30-7:25 pm

**(RR) Represents classes that will participate in our Rec Rewards end of session presentation.**

(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.

## CLASS & REGISTRATION INFORMATION

**Session 5 runs for 10 weeks from October 13-December 21, 2019.**

**(Gym closures on November 28 for Thanksgiving and December 22-December 31 for Winter Break)**

### Session 5 Tuition:

45 Minutes/week.....\$150.00

1 hour & 25 Minutes/week.....\$265.00

55 Minutes/week.....\$180.00

1 hour & 55 Minutes/week.....\$330.00

### (RR) REC REWARDS

Represents classes that will participate in our Rec Rewards end of session presentation. The last week of every session is reserved for Rec Rewards. Parents are invited in during the end of class for ribbons and talking about the success of our athletes.

Rec Rewards will be held **December 15-21.**

### 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

### 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 T&T Director, email **Amy Clifford** at [aclifford@peakathletics.net](mailto:aclifford@peakathletics.net).