



Session 3 2009
 Peak Athletics Plus
 399 Dad Clark Drive Highlands Ranch, CO 80126
 (303) 797-8082
www.peakathleticsplus.com

Boys & Girls Trampoline & Tumbling Program

This part of the program is designed to provide the participants with basics knowledge, skills and enjoyment of the sport. Develop air sense, familiarize students with core elements and progressions, backwards and forwards rotation skills, increase muscle strength, speed and flexibility are the main priority at this stage. The developmental program is segmented into three learning stages / levels.

* **Beginning Trampoline & Tumbling (Boys Classes or Girls Classes) (separate)**
 This is an introduction to trampoline and tumbling classes for beginners with little or no previous gymnastics experience. Athletics learn basic tumbling skills such as handstands, cartwheels, round-offs, walk over, and begin to learn the basic back handspring concepts.

* **Intermediate Trampoline & Tumbling (Boys Classes)**
 Athletics are introduced to basics skill combinations, and begin to learn basic flipping on trampoline. Emphasis on learning back and front handsprings would be the main part of the tumbling curriculum.

* **Advanced Trampoline & Tumbling (Boys Classes) (FUTURE CLASS- Subject to demand)** Athletics have perfected basic skills and somersaults on the trampoline and begin to learn more advanced flipping and flipping combinations. Athletics are introduced to connecting multiple back handsprings and single front and back flips/ somersaults in different positions. By appointment– Call the gym to get available for this class.

<u>Kindergarten Boys</u> <u>Trampoline & Tumbling</u> <u>Ages 5 to 6</u>	<u>Boys Int.</u> <u>Ages 6 and up</u> <u>1 hour 25 minutes</u>	<u>Boys Beginning</u> <u>Ages 6 & up</u>	<u>Girls Beg.</u> <u>Ages 6 and up</u>										
Tuesday 10:00-10:55 Thursday 10:00-10:55	Tuesday 6:30-7:55	Tuesday 4:30- 5:25 5:30- 6:25 Thursday 4:30- 5:25 5:30- 6:25 6:30- 7:25	Tuesday 4:30-5:25 Visit us online for staff bios, schedules, team & recital info!										
<u>Annual</u> <u>Registration</u>	'09 - 12 Week Sessions		<u>Tuition per 12 wk term</u>										
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Per Child</td> <td style="text-align: right; padding: 2px;">\$45.00</td> </tr> <tr> <td style="padding: 2px;">Per Family</td> <td style="text-align: right; padding: 2px;">\$70.00</td> </tr> </table>	Per Child	\$45.00	Per Family	\$70.00	Session 1: January 5 to March 29 Session 2: March 30 to June 22 Session 3: July 6 to September 27 Session 4: September 28 to Dec		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">55 min/wk</td> <td style="text-align: right; padding: 2px;">\$171/session</td> </tr> <tr> <td style="padding: 2px;">1 hr 25 min/wk</td> <td style="text-align: right; padding: 2px;">\$255/session</td> </tr> <tr> <td style="padding: 2px;">1 hr 55 min/wk</td> <td style="text-align: right; padding: 2px;">\$327/session</td> </tr> </table> <p style="font-size: small; text-align: center;"> <i>All class sessions are 12 weeks in length. Registration for a class is for the full session, Billing by month is only for 1/3 of the session's duration.</i> </p>	55 min/wk	\$171/session	1 hr 25 min/wk	\$255/session	1 hr 55 min/wk	\$327/session
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Program Director Tim Bland tim@peakcheer.com													

6/20/2009