

# PRAIRIELAND TUMBLING & TRAMPOLINE, LLC

*"Where children are cherished"*

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## 2017-2018 FALL/SPRING SESSION

The following is the schedule for the **recreational class** program offered at Prairieland Tumbling & Trampoline. We offer a class for every age and skill level beginning at 18 months.  
The fall session begins on Tuesday, September 5<sup>th</sup>.

### FALL/SPRING SCHEDULE

#### Monday

#### Tuesday

4:30-6:00 Beginner/novice Tumbling & Trampoline combo class  
6:00-7:30 Novice/Intermediate combo  
6:00-8:00 Novice/Intermediate combo/pre-team

#### Wednesday

4:00-5:00 Pre-school Tumbling & Trampoline  
5:00-6:00 Pre-school Tumbling & Trampoline  
5:00-6:00 Beginner Tumbling & Trampoline combo class

#### Thursday

4:30-6:00 Beginner/Novice Tumbling & Trampoline combo class

**\*\*Class descriptions are on the backside of this page\*\***

### RATES & FEES

Our fee structure is based on the number of hours per week your child takes lessons.

Payment for classes is due on the 1<sup>st</sup> of each month. A five dollar late fee will be applied each week your payment is late.

We now offer an ACH, automatic withdraw payment option to save you from having to write a check each month!

<u>Hours/Week</u>	<u>Monthly Fee</u>
1 hour	= \$35
1 ½ hour	= \$50
2 hours	= \$60
2 ½ hours	= \$70
3 hours	= \$75
3 ½ hours	= \$80
4 hours	= \$85

**There is a \$25 registration fee per child (\$15 for each additional child in same immediate family)**

#### DIRECTIONS TO THE GYM:

**From Arthur/Arcola area** – take Rte 133 West to CR 1300 E. Turn north; go ½ mile, turn right at the Prairieland sign on the right side of the road.

**From Tuscola/Villa Grove area** – take Rte 36 West to CR 1300 E. Turn South; continue 5 miles and turn left at the Prairieland sign on the left side of the road.

**From Lovington/Bethany area** – take Rte 133 East to CR 1300 E. Turn North; Go ½ mile and turn right at the Prairieland sign on the right side of the road.

**From Sullivan area** – take Rte 121 to Masonic Home Road (CR 1300 E). Go approximately 7 miles to Rte 133. Cross Rte 133 and go ½ mile and turn right at the Prairieland sign on the right side of the road.

**From Decatur area** – take Rte 36 East past Hammond to CR 1300 E; continue approx. 5 miles and turn left at the Prairieland sign on the left side of the road.

## CLASS DESCRIPTIONS

**COMBINATION CLASSES** –These classes offer the perfect fit for the recreational class student interested in learning all three events: tumbling, trampoline, AND double mini- all in one class!

**Mommy n’ me:** This is a one hour class for any 18 month-3 year old child ready to have some fun! This class is for both the parent, and the child to participate in. Kids will start to learn the very basics of tumbling and trampoline by improving gross motor skills, coordination, and balance. Prairieland’s Mommy n’ me class is designed to be fun, exciting, and beneficial for every child!

**Pre-School Tumbling & Trampoline combo class:** This one hour class is reserved just for our 3 & 4 year olds! Students in this class will begin to learn beginner trampoline and tumbling skills, while incorporating music and fun games to enhance learning and keep kids moving. Pre-school students get the gym all to themselves with a fantastic coach to help make their first gymnastics experience a great one!

**Beginner Tumbling & Trampoline combo class:** This is a one hour class for all beginner level tumbling & trampoline students ages 5 years old & up. Students in this class will spend 30 minutes learning and practicing tumbling skills such as forward & backward rolls, cartwheels, and backbends. This class also includes a 30 minute trampoline time focused on learning fun new skills like tuck jumps and seat drops. This class focuses on learning skills while having fun!

**Beginner/Novice 1 ½ hour combo class:** This class is a 1 ½ hour class for students who have learned basic beginner skills and are ready to learn some new, more advanced tumbling and trampoline skills! During this class, students will get 30 minutes on tumbling, trampoline, and double mini, which allows more time to work on fun, new skills such as back walkovers, round offs, and back handsprings on floor; and front drops and front flips on trampoline/double mini. Prepare for a fun, exciting practice in this class!

**Pre-Team:** Wanting more than recreational classes, but not ready to make the jump to the team program? This is the class for you! In the pre-team class, students will begin to learn the drills and skills done by our competitive team athletes, and will get the feel for what it is like to be on our team, without the full commitment. Pre-team students do not compete with our team, but begin to take a more structured class designed to make the transition onto the team a smooth one.

### TUMBLING CLASSES:

**Novice/Intermediate Tumbling:** This one hour class is for the students that have mastered beginner level tumbling. During this class the main emphasis will be on learning a back handspring! Students will progress on to learn tumbling series such as round-off back handspring, tuck backs, etc.

**Jr. High/High School Cheer Tumble:** This is a one hour class geared towards Jr. High and High School cheerleaders looking to learn tumbling skills to use when they cheer. Emphasis for this class will be on round-offs, back handsprings, standing back tucks, and other skills to wow the crowd!

### TRAMPOLINE CLASSES:

**Beginner Trampoline:** This is a one hour class for students who love to bounce! Kids in this class will learn how to safely perform beginner skills with balance and control, all while having fun. Beginner trampoline skills such as tuck jumps, seat drops, swivel hips, and front drops will be the focus of this class.

**Novice/Intermediate Trampoline:** This is a one hour class for students who have mastered the beginner level of trampoline and are ready to start flipping! Front flips, back flips, layouts and full twists are some of the exciting new skills that will be taught in this class time!

**Competitive Tumbling & Trampoline Team:** Prairieland Tumbling & Trampoline is proud to offer a strong competitive team program. We train athletes from the beginner level, all the way through elite using a comprehensive Team Training Program unique to Prairieland. If your child is interested in joining team, talk to Bryan!