Trampoline & Tumbling Program - Spring 2020

ALLAMERICANGYMNASTICS.COM

(605) 334-4311

Preschool T&T	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Red Jumpers (3-4 yrs)							
White Jumpers (4-5 yrs)		5:00-5:45		5:00-5:45			
Blue Jumpers (Advanced)							
Recreational T&T	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**SUNDAY**
Bronze & Sliver Jumpers	5:00-5:55 6:00-6:55	6:00-6:55	5:00-5:55 6:00-6:55	6:00-6:55			
Gold Jumpers		6:15-7:10		6:15-7:10			
Platinum Jumpers		4:30-5:25		4:30-5:25			
ADULTS							
Competitive T&T	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**Notes**
Future Flippers							1x a week, or 2x a week
High Flyers	5:00-6:30 (90 min)		5:00-6:30 (90 min)				2x a week
JR JumpStart		4:30-6:00 (90 min)		4:30-6:00 (90 min)			2x a week
SR JumpSTart							3x a week
RED Team	6:30-8:00 (90 min)		6:30-8:00 (90 min)				2x a week
WHITE Team		6:00-8:00 (120 min)		6:00-8:00 (120 min)			2x a week
BLUE Team							3x a week, or 4x a week
ELITE							5 x a week