

Challenge Sports Trampoline Class Overview/Information

Challenge Sports is offering very unique trampoline exercise classes on **Tuesday and Wednesday evenings (7-8pm) at Sky High Sports** in Rancho Cordova! (11327 Folsom Blvd. [916-853-5867](tel:916-853-5867))

Want to improve your fitness and have lots of fun? These low impact, 50 minute classes are taught with our kids abilities in mind, and help to improve balance, coordination and cardio function, tone muscles, build confidence, and best of all, provide a fun, safe and social group exercise opportunity. The trampolines are built with safety in mind, and with specially designed, spring-loaded frames, they are unlike home trampolines. The trampoline we use has 12 large individual jumping areas, plus room for our instructor and typical peer aides. Landing has never been safer, as thick safety pads cover all frames and springs. And with 360 degrees of trampoline wall, there's no falling off.

Participating in the Classes: There are basically two ways to get involved. One is to be a substitute for either or both evening. When there is an opening, those on the sub list will receive an email. If you want the spot, just let me know. Sub spots are filled first come/first taken. Permanent monthly spots, when available, are filled using our active subs. **The sub list is our waiting list.**

Enrollment info: Challenge Registration can be emailed and returned back to us or brought on the first day your child participates. This program is held year round. Classes are held on the "Party" trampoline. You must have a Sky High Liability Release on file at Sky High. If you have never jumped there before, you can download the form from their website and bring it in, or fill it out there (this takes longer). After your first class (when you will prove or provide Liability Release info to Sky High) you will not have to stand in line to get your wristbands - simply go to the desk, bypassing any line, and tell them you are with the Challenge Class.

Payment: \$10.00/class paid in advance monthly (\$40. or \$50. depending on how many Tuesdays or Wednesdays in the month) for those enrolled monthly and \$10. per class paid on the night of the class for subs. Missed classes are not refundable, but if we can find a sub for you, you will receive a credit for the next month.

Ages/Class Structure: The classes are all ages (school-aged kids – young adults) with varying abilities. Children with extreme behavior concerns may have a difficult time with this class, as it is semi-structured (not a free bounce atmosphere - theoretically), as well as those kids with severe attention issues (wandering, etc.), as each participant is strongly encouraged to stay in their designated spot (unless instructed by the teacher for relays, etc.) for safety reasons. There are generally 2 or more buddies on the trampoline at all times in addition to the instructor(s), but one to one buddies are not provided during these classes. If your child needs one to one assistance, you will need to provide a helper for them. If Challenge Personnel or the trampoline instructor determines that your child needs a 1-1 aide for him/her to be successful in the class, you will be asked to provide one. Contact me if you have concerns/questions about these issues.

The **Tuesday Class** is currently enrolled with ages 12- upper teens, mostly in the 12-18 yr. old range. This is a very active class with a high ASD population. This class is currently full. Sub opportunities are often available.

The **Wednesday Class** is enrolled with an older teen/young adult population (youngest participant is 15) with no behavior concerns, who can follow instructions and pay attention to the instructors. This class is currently full. Sub opportunities are often available.

Both classes are a lot of fun, high energy and engaging, just different in scope and curriculum in order to meet the level of the participants.

Thank you for your interest in the trampoline classes. They are extremely fun and provide great exercise. Please let me know if you would like to have your child try out one of these popular classes. If you have any questions I can answer, please don't hesitate to ask.

Julie
Challenge Sports
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www.challengesports.org