



2024-25 Schedule, Class Descriptions, & Pricing

Independence, Iowa

Important Links

[NMG 2024-25 Handbook](#)

[NMG 2024-25 Schedule, Class Descriptions, & Pricing](#)

[NMG Website](#)

[NMG Registration](#)

Beginning Monday, August 5th, 2024. You may enroll anytime!

	Floor #1	Tramp & DM	Floor #2
Monday	<p>4-4:50: Beginner 1</p> <p>4:55-5:25: Tumble with Me</p> <p>5:30-6:20: <u>Preschool</u></p> <p>6:25-7:15: <u>Beginner Combo</u></p>	<p>4:15-5:15: Tramp 2</p> <p>5:30-6:20: <u>Preschool</u></p> <p>6:25-7:15: <u>Beginner Combo</u></p>	<p>4-5:15: Advanced Beginner 1</p> <p>5:20-6:50: Back Handsprings</p>
Tuesday	<p>4-4:50: Beginner 2</p> <p>4:55-5:45: <u>Preschool</u></p> <p>5:50-6:20: Tumble with Me</p> <p>6:25-7:15: Beginner 1</p>	<p>4:55-5:45: <u>Preschool</u></p> <p>5:50-6:40: Tramp 1</p>	<p>4-5:30: Advanced Beginner 2</p> <p>5:35-6:50: Advanced Beginner 1</p>
Wednesday	<p>4-4:50: <u>Beginner Combo</u></p> <p>4:55-5:45: Beginner 1</p>	<p>4-4:50: <u>Beginner Combo</u></p> <p>4:55-5:45: Tramp 1</p> <p>5:50-6:40: Competition</p> <p>6:40-7:30: Competition</p>	<p>4-4:50: Ninja</p> <p>5:50-6:40: Competition</p> <p>6:40-7:30: Competition</p>
Thursday	<p>4-4:50: <u>Preschool</u></p> <p>4:55-5:25: Tumble with Me</p> <p>5:30-6:20: Beginner 2</p>	<p>4-4:50: <u>Preschool</u></p> <p>4:55-5:45: Tramp 1</p> <p>5:50-6:50: Tramp 2</p>	<p>4-5:30: Back Handsprings</p> <p>5:35-7:05: Advanced Beginner 2</p>
Saturday	<p>9-9:50am: <u>Preschool</u></p> <p>9:55-10:45am: <u>Beginner Combo</u></p> <p>10:50-11:40am: Beginner 2</p>	<p>9-9:50am: <u>Preschool</u></p> <p>9:55-10:45am: <u>Beginner Combo</u></p> <p>10:50-11:40am: Tramp 1</p>	<p>9-10:15am: Advanced Beginner 1</p>

*Coach schedules are always subject to change due to our coaches being in school and working multiple jobs.

*If a class does not meet the enrollment minimum, parents will be contacted to move students to an alternate class time/day.

Discounts

Discount	Amount
Additional Class	\$10 off
Additional Sibling	\$10 off

**Additional class and sibling discounts cannot be combined.*

Tumble with Me

Tuition: \$45/mo + tax ~ Time: 30 minutes/week ~ Average Ratio: 1:5

This class is for toddlers who are of **walking age through 3 years old** who still benefit from having a grown-up with them on the mats. This class consists of learning tumbling skills such as front roll, beginning works of cartwheels and handstands, back roll, learning to jump (then different jump shapes), climbing, running, stretching, exercises and movements. These students will also learn skills to help them grow in their stage of development, such as fine motor skills, gross motor skills, color recognition, sorting, following directions, interacting with other children and adults, hand eye coordination, sensory, taking turns, becoming independent, and cognitive/social/emotional skills. We do this all while having fun! Fun stations, games, free time, dancing, and working with one another as friends! Students in this class are required to have an adult (18 plus) with them at all times.

Equipment they have access to:

- Roughly 1200 sq. ft. of carpet bonded foam mats
- 40ft air track
- Skill builders and foam shapes such as boulders, octagons, wedges, panel mats, balancing shapes, mailbox, cartwheel mats, floor beams, weights, mini trampolines, educational activities and games, STEM learning materials, and other helpful training tools
- At the end of some classes, students might be able to earn a turn on the 60ft inground Tumbler Trak into the 17x11x7ft inground foam pit filled with over 4,000 cubes

Preschool

Tuition: \$70/mo + tax ~ Time: 50 minute/week ~ Average Ratio: 1:5

This class is for students ages **3-4 years old**. (Students must be **at least 3 years old** to join) This class includes instruction on tumbling, double mini, and trampoline. Class begins with a whole group warm up. Then class runs in a rotation, allowing students to be in a small group of around 5 students with one coach. Students get to spend around 10 minutes learning at each event. By providing this small coach to student ratio, students are able to get more one-on-one instruction and have less distractions in their way. Students need to be able to participate without running off from the class area without an adult with them. If that is not where they are at now, then the Tumble with Me would be a great fit for them! Students will learn so many different tumbling skills; front roll with reaching, back roll, handstand, cartwheel, straddle rolls, dive rolls, bear crawls, hopping, and many other foundational tumbling skills. Students will learn many different trampoline and double mini skills; controlled jumping with correct arm movements, one foot to two feet movement, doing 3 jumps on double mini, straight jump, straddle jump, tuck jump, pike jump, turns, seat drops, stomach drops, sticking the landing, and learning to fall and land safely. In addition to these gymnastics skills, students will be learning important developmental skills such as; fine motor, gross motor, hand eye coordination, social and emotional skills, taking turns, listening skills, color/number/letter/shape recognition, sorting skills, school prep skills, sensory, leadership, green & red choices, and becoming independent. Students will do these things in a positive, encouraging, structured environment with clear expectations, all while having fun through games, stations, and activities!

Equipment they have access to:

- Roughly 1200 sq. ft. of carpet bonded foam mats
- 40ft air track
- Skill builders and foam shapes such as boulders, octagons, wedges, panel mats, balancing shapes, mailbox, cartwheel mats, floor beams, weights, mini trampolines, educational activities and games, STEM learning materials, and other helpful training tools
- At the end of some classes, students might be able to earn a turn on the 60ft inground Tumbl Trak into the 17x11x7ft inground foam pit filled with over 4,000 cubes
- 2 inground Olympic trampolines surrounded with wall padding
- 2 double minis, each with 60ft of carpet bonded foam run-ups and 14ft/20ft landing mats at the end

Beginner Combo

Tuition: \$70/mo + tax ~ Time: 50 minute/week ~ Average Ratio: 1:6

This class is for students ages **5-6 years old who are at the beginner level and interested in doing all three events in one class; double mini, trampoline, and tumbling.** This class is a mix of beginner 1 tumbling and tramp 1 trampoline and double mini. This class is great for students moving up from preschool who still want to do all 3 events in one class. This class includes instruction on tumbling skills; front rolls with reaching, back rolls, straddle rolls, cartwheels, handstands, dive rolls, bear crawls, jumping & hopping, and doing skills with correct technique in order to master the foundational skills of tumbling. Making already learned skills cleaner and stronger is a big focus in this class. Class also includes strength and conditioning, one of the most important components of the sport. Students in this class will also learn the fundamentals of trampoline and double mini. These fundamentals include bounce control, straight jumps with correct arm movements, straddle, tuck, pike, half turn, full turn, seat drops, swivel hips, hands and knees drop, stomach drop, back bouncing, flat back, passes, jumping from one foot to two feet on the double mini, landing in the correct zones, doing 2-3 jumps in the correct areas on the double mini, body shapes and more. Students will participate in workouts, learn different exercises and movements, and build their strength to improve their skills. Stations and rotations are used in every class as we believe in the saying, “Drills pay the bills!” Students will practice stations repeatedly to help form muscle memory that will carry right over to their skill development. Students will also be learning about leadership, being a role model, following directions, working independently at a station, active listening skills, sharing and taking turns, social awareness and creating friendships, respect, responsibility, green and red choices, and other important social & emotional skills to

prepare them for life in and outside the gym. Students will learn and participate in a positive, encouraging, structured environment with clear expectations, all while having fun through games, stations, and activities!

Equipment they have access to:

- Roughly 1200 sq. ft. of carpet bonded foam mats
- 40ft air track
- Skill builders and foam shapes such as boulders, octagons, wedges, anel mats, balancing shapes, mailbox, cartwheel mats, floor beams, weights, mini trampolines, educational activities and games, STEM learning materials, and other helpful training tools
- 2 inground Olympic trampolines surrounded with wall padding
- 2 double minis, each with 60ft of carpet bonded foam run-ups and 14ft/20ft landing mats at the end
- Skill builders and other training tools
- At the end of some classes, students might be able to earn a turn on the 60ft inground Tumbi Trak into the 17x11x7ft inground foam pit filled with over 4,000 cubes

Beginner 1

Tuition: \$70/mo + tax ~ Time: 50 minute/week ~ Average Ratio: 1:6

This class is for students ages 5-6 years old who are new to the sport or are working on mastering their **back roll and cartwheel on the floor**. This class includes instruction on tumbling skills; front rolls with reaching, back rolls, straddle rolls, cartwheels, handstands, dive rolls, bear crawls, jumping & hopping, and doing skills with correct technique in order to master the foundational skills of tumbling. Making already learned skills cleaner and stronger is a big focus in this class. Class also includes strength and conditioning, one of the most important components of the sport. Students will participate in workouts, learn different exercises and movements, and build their strength to improve their skills. Stations and rotations are used in every class as we believe in the saying, “Drills pay the bills!” Students will practice stations repeatedly to help form muscle memory that will carry right over to their skill development. Students will also be learning about leadership, being a role model, following directions, working independently at a station, active listening skills, sharing and taking turns, social awareness and creating friendships, respect, responsibility, green and red choices, and other important social & emotional skills to prepare them for life in and outside the gym.

Students will learn and participate in a positive, encouraging, structured environment with clear expectations, all while having fun through games, stations, and activities!

Equipment they have access to:

- Roughly 1200 sq. ft. of carpet bonded foam mats
- 40ft air track

- Skill builders and foam shapes such as boulders, octagons, wedges, anel mats, balancing shapes, mailbox, cartwheel mats, floor beams, weights, mini trampolines, educational activities and games, STEM learning materials, and other helpful training tools
- At the end of some classes, students might be able to earn a turn on the 60ft inground Tumbl Trak into the 17x11x7ft inground foam pit filled with over 4,000 cubes

Beginner 2

Tuition: \$70/mo + tax ~ Time: 50 minute/week ~ Average Ratio: 1:6

This class is for students ages **7 years and older who are new to the sport or are working on mastering their back roll and cartwheel on the floor. Younger students who are advanced in their listening skills and independence may be moved to this class by coach's choice.** This class includes instruction on tumbling skills; front rolls with reaching, back rolls, straddle rolls, cartwheels, handstands, dive rolls, bear crawls, jumping & hopping, and doing skills with correct technique in order to master the foundational skills of tumbling. Making already learned skills cleaner and stronger is a big focus in this class. Class also includes strength and conditioning, one of the most important components of the sport. Students will participate in workouts, learn different exercises and movements, and build their strength to improve their skills. Stations and rotations are used in every class as we believe in the saying, "Drills pay the bills!" Students will practice stations repeatedly to help form muscle memory that will carry right over to their skill development. Students will also be learning about leadership, being a role model, following directions, working independently at a station, active listening skills, sharing and taking turns, social awareness and creating friendships, respect, responsibility, green and red choices, and other important social & emotional skills to prepare them for life in and outside the gym. Students will learn and participate in a positive, encouraging, structured environment with clear expectations, all while having fun through games, stations, and activities!

Equipment they have access to:

- Roughly 1200 sq. ft. of carpet bonded foam mats
- 40ft air track

- Skill builders and foam shapes such as boulders, octagons, wedges, panel mats, balancing shapes, mailbox, cartwheel mats, floor beams, weights, mini trampolines, educational activities and games, STEM learning materials, and other helpful training tools
- At the end of some classes, students might be able to earn a turn on the 60ft inground Tumbl Trak into the 17x11x7ft inground foam pit filled with over 4,000 cubes

Advanced Beginner 1

Tuition: \$90/mo + tax ~ Time: 75 minute/week ~ Average Ratio: 1:8

This class is for students who have a

- **front/back roll and straddle on floor with correct technique**
- **strong bridge and have shown they have the strength to kick over**
- **cartwheel with correct technique**
- **round off with correct technique**
- **have shown they are able to work for a longer period of time and be independent at a station**

This class includes instruction on back and front roll passes, cartwheel connections, round off technique and connections, bridging skills such as standing bridge, bridge up, kickover on wedge and then to floor, handstand fall to bridge, bridge walks, flexibility within the whole body (bridge, splits, shoulders), and building the parts of a back/front walkover and limber. Class will also include strength and conditioning, one of the most important aspects of this sport. Students will participate in workouts and exercises that focus on cardio, core, upper body, and leg strength. Stations and rotations are used in every class as we believe in the saying, “Drills pay the bills!” Students will practice stations repeatedly to help form muscle memory that will carry right over to their skill development. Students will also be learning about leadership, being a role model, following directions, working independently at a station, active listening skills, sharing and taking turns, social awareness and creating friendships, respect, responsibility, green and red choices, and other important social & emotional skills to prepare them for life in and outside the gym. Students will learn and participate in

a positive, encouraging, structured environment with clear expectations, all while having fun through games, stations, and activities!

Equipment they have access to:

- 84ft rod floor with 30ft of run-up and a 20ft landing zone mat at the end (meets USTA competition requirements)
- 60ft inground Tumbl Trak trampoline with run-up space on one end with a 17x11x7ft inground foam pit with over 4,000 new purple foam blocks
- Skill builders and foam shapes such as boulders, octagons, wedges, panel mats and other helpful training tools

Advanced Beginner 2

Tuition: \$95/mo + tax ~ Time: 90 minute/week ~ Average Ratio: 1:8

This class is for students who have:

- **Correct technique and consistency with;**
- **Standing bridge**
- **Bridge up**
- **Kickover on the floor (no wedge)**
- **Handstand bridge stand up**
- **Running round off rebound**

Students will learn how to do fully connected front/back walkovers and limbers, putting them together to complete competitive passes with correct technique, beginning drills for back handsprings, round off drills, and working up to doing a back handspring. We believe that "drills pay the bills" and having students work on purposeful drills is more beneficial than repeated coach spotting. By having solid back handspring shapes, it will help them learn back tucks, whips, layouts, and full twists efficiently in the future. Class will also include strength and conditioning, one of the most important aspects of this sport. Students will participate in workouts and exercises that focus on cardio, core, upper body, and leg strength. Students will practice stations repeatedly to help form muscle memory that will carry right over to their skill development. Students will also be learning about leadership, being a role model, following directions, working independently at a station, active listening skills, sharing and taking turns, social awareness and creating friendships, respect, responsibility, making good choices, and other important social & emotional skills to prepare them for life in

and outside the gym. Students will learn and participate in a positive, encouraging, structured environment with clear expectations, all while having fun through games, stations, and activities!

Equipment they have access to:

- 84ft rod floor with 30ft of run-up and a 20ft landing zone mat at the end (meets USTA competition requirements)
- 60ft inground Tumbl Trak trampoline with run-up space on one end with a 17x11x7ft inground foam pit with over 4,000 new purple foam blocks
- Skill builders and foam shapes such as boulders, octagons, wedges, panel mats and other helpful training tools

Back Handsprings and Above

- *Tuition: \$95/mo + tax ~ Time: 90 minute/week ~ Average Ratio: 1:8*

The class is for students **who have:**

- **A consistent and strong back handsprings on rod floor**
- **Strong and powerful round off rebound**

Students in this class are working on Sub Novice through Advanced level skills. Students will work through various back handspring, back tuck, twisting, and round off drills, depending where they are currently at in their skill development. Repetition, passes, drills, and progressions are a big part of this class. Class will also include strength and conditioning, one of the most important aspects of this sport. Students will participate in workouts and exercises that focus on cardio, core, upper body, and leg strength. Technique, power, and consistency will also be a large focus in this class. Students will also learn about leadership, being a role model, following directions, working independently, listening skills, social and emotional skills, respect, responsibility, making good choices, setting goals and planning steps they will take to reach their goals.

Students will learn and practice in a positive, encouraging, and structured environment with clear expectations.

Equipment they have access to:

- 84ft rod floor with 30ft of run-up and a 20ft landing zone mat at the end (meets USTA competition requirements)
- 60ft inground Tumbl Trak trampoline with run-up space on one end with a 17x11x7ft inground foam pit with over 4,000 new purple foam blocks

- Skill builders and foam shapes such as boulders, octagons, wedges, panel mats and other helpful training tools

Tramp 1

Tuition: \$70/mo + tax ~ Time: 50 minute/week ~ Average Ratio: 1:6

This class is for students **who:**

- **Are 5 through 9 years old**
- **Have no experience in trampoline OR**
- **Can not do a front tuck and land it on a trampoline consistently YET**

Students in this class will learn the fundamentals of trampoline and double mini. These fundamentals include bounce control, straight jumps with correct arm movements, straddle, tuck, pike, half turn, full turn, seat drops, swivel hips, hands and knees drop, stomach drop, back bouncing, flat back, passes, jumping from one foot to two feet on the double mini, landing in the correct zones, doing 2-3 jumps in the correct areas on the double mini, body shapes and more. These two trampolining events help students learn body awareness, increase flexibility, form strong body shapes with control, and develop their motor skills all while having fun! Students will learn these skills through drills, stations, rotations, and coach feedback. Students will learn important life skills such as taking turns, working as a team, being a leader and role model, following directions, building social/emotional skills and strategies, making good choices, respect, responsibility, and being a good friend.

Equipment they have access to:

- 2 inground Olympic trampolines surrounded with wall padding
- 2 double minis, each with 60ft of carpet bonded foam run-ups and 14ft/20ft landing mats at the end
- Skill builders and other training tools

Tramp 2

Tuition: \$80/mo + tax ~ Time: 60 minute/week ~ Average Ratio: 1:8

This class is for students **who:**

- **Are 10 years old and up OR have shown they are able to complete safe, consistent, and controlled front tuck on trampoline.**
- **Can do a consistent back roll on floor**

Students in this class that are beginners over the age of 10 will learn the fundamentals of trampoline and double mini. These fundamentals include bounce control, straight jumps with correct arm movements, straddle, tuck, pike, half turn, full turn, seat drops, swivel hips, hands and knees drop, stomach drop, back bouncing, flat back, passes, jumping from one foot to two feet on the double mini, landing in the correct zones, doing 2-3 jumps in the correct areas on the double mini, body shapes and more. These two trampolining events help students learn body awareness, increase flexibility, form strong body shapes with control, and develop their motor skills all while having fun! ~ Students in this class who are USTA novice level or above will perfect those fundamental skills while working to advance on to front and back somis in pike, tuck, and straight shapes, baranis, $\frac{3}{4}$ front, $\frac{3}{4}$ back, twisting, back pullover, rudis, ball-outs, codys, and eventually double somis. Students will learn how to put them together to create trampoline and double mini passes. Students will learn these skills through drills, stations, rotations, and coach feedback. Students will learn important life skills such as taking turns, working as a team, being a leader and role model, following directions, building social/emotional skills and strategies, making good choices, respect, responsibility, and being a good friend.

Equipment they have access to:

- 2 inground Olympic trampolines surrounded with wall padding
- 2 double minis, each with 60ft of carpet bonded foam run-ups and 14ft/20ft landing mats at the end
- Skill builders and other training tools

-

Ninja

Tuition: \$70/mo + tax ~ Time: 50 minute/week ~ Average Ratio: 1:7

This class is for students **who:**

- **Are 5 years old or older**
- **Interested in agility, strength, balance, tumbling, and speed skills**

Students in this class are ages 5 years old or older. They will work on skills involving agility, strength, balance, tumbling, and speed. Students will learn ninja skills and moves, along with different types of obstacle courses and challenges to improve their skills.

Competition Team

We will be competing through the USTA organization. It is the same program that Noa and her sisters competed in for 13 years. Seasonal competitions are held from January through April on Saturdays (double mini and trampoline) and Sundays (tumbling). The state competition (everyone can attend) is held in April. The top 15 in each age/level category have the opportunity to compete at the national competition in June (16-21) in Rapid City, South Dakota. Students can compete in tumbling, double mini, and/or trampoline. This program is an amazing thing to be a part of. We encourage all ages and skill levels to try out competitive tumbling and trampoline!

→Schedule:

*Will be announced after the Iowa state meeting at the end of August.

→Time Commitment:

Competition team class will meet Wednesday night every week September through April. If they qualify for Nationals in June, they will continue their Wednesday night class in May and until Nationals. Students must attend at least 2 competitions before attending State. They do not need to attend every competition.

- Wednesday 5:50-6:40pm: Sub Beg & Beg Tumbling, Novice-Adv Trampoline
- Wednesday 6:40-7:30pm: Adv Beg- Adv Tumbling, Beg Trampoline

→Tuition

We will be doing things a little different this year in order to make the competition team more available to all families. Students will be receiving more competition class time at a lower rate. In order to compete, students must be enrolled in the competition class. It is no longer a requirement to be enrolled in a separate recreational class as well. Families must understand that recreational class is where students learn new skills, skills that aren't in their competition passes, and progressions to advance levels. Competition class is where students practice their passes and drills to improve their passes. It is not a priority to work on advancing skills not related to their competition level in the competition class. If a student wants to only participate in the competition class, and not a recreational class, it is encouraged that they sign up for a recreational class in the summer time to work on advancing to the next level. For more efficient advancement of skills and level, it is recommended to take a recreational and competition class. Please note that on our online system (JackRabbit), competition class will show as a price of \$0. We will have to manually charge everyone's account each month because everyone's class enrollment and discounts will look different.

- 50 minute competition class is \$70/mo **IF** you are not enrolled in a recreational class.
- 50 minute competition class is \$35/mo **IF** you are enrolled in a recreational class in that event.

Example: Child is enrolled in tramp 2 (\$80), trampoline competition class (\$35), and tumbling competition class (\$70).

Example: Child is enrolled in preschool class OR beginner combo class (includes all events, \$70), trampoline competition class (\$35), and tumbling competition class (\$35).

Example: Child is enrolled in advanced beginner 2 (\$95), tramp 1 (\$60), trampoline competition class (\$35), and tumbling competition class (\$35).

→ Expenses

Everyone: USTA Registration Fee \$50.00 due

Girls: NMG Leotard (We will do a survey on whether or not we want to do new leotards this year. We will offer a tank leo option and long sleeve option. Estimated price would be anywhere from \$80-\$150)

- *(MUST be special ordered, takes around 2 months to arrive/we do have some sizes in stock)*

Boys: NMG Boys Step In and Shorts \$85.00

- *(MUST be special ordered, takes around 2 months to arrive)*

Tramp/DM Athletes: Trampoline shoes purchased from NMG (\$30/pair, in stock but always double check at least 1 month before needing the shoes incase we need to order)

Warm-up Jacket: Optional, we will be offering a new warm-up jacket this year with our newest logo. Price and order form to come.

Competition Fees: 1 event: \$45, 2 events: \$55, 3 events: \$65, plus tax

State Competition Fees: 1 event: \$55, 2 events: \$65, 3 events \$75, plus tax

Admissions: Each competition charges admission that is around \$5/person, and State is around \$8/person