



Private Lessons

Private lessons are available to give more time and attention in helping to develop an athlete's progress in a specific skill.

Coaches have more time to make corrections in technique as well as the student having more time on the tumbling equipment to reinforce the corrections that will take them to the next level. These lessons can help the student learn one particular skill or several tumbling skills.

Private lessons for tumbling, co-ed partner stunting, conditioning, jumps and flexibility are available.

Private

1 athlete with a coach

Semi-Private

2 athletes with a coach

Group Private

3 or more athletes with a coach

REQUIRED FORMS AND FEES

Membership Fee

The \$40 Membership Fee is DUE when you attend your first private. It is renewed each May, regardless of when you join.

Registration & Release Form

A completed Registration & Release Form is required and must be updated each May.

DESCRIPTION

Types of Private Lessons

Tumbling – Athlete works on technique and progression of desired tumbling skills.

Co-ed Partner Stunting – Athlete works on partner stunting/flying technique and progression with a coach.

Other

- Conditioning – Athlete works on endurance and stamina to improve athleticism and skills.
- Jumps – Athlete works on jump technique, strength and flexibility.
- Flexibility – Athlete works on increasing overall flexibility, strength, and body positions on the ground.

PRICING

(*current team athletes pricing only. See instructor/call office for non team athlete pricing.)

Tumbling

Private

- 30 Minutes - \$35
- 60 Minutes - \$60

Semi-Private

- 30 Minutes - \$25/athlete
- 60 Minutes - \$40/athlete

Group Private

- 60/90 Minutes - \$35/athlete

Co-ed Partner Stunting

Private

- 30 Minutes - \$40
- 60 Minutes - \$75

Semi-Private

- 30 Minutes - Coaches Discretion
- 60 Minutes - Coaches Discretion

Group Private

- 60 Minutes - Coaches Discretion

Other

Private

- 30 Minutes - \$25
- 60 Minutes - \$45

Semi-Private

- 30 Minutes - \$20/athlete
- 60 Minutes - \$35/athlete

Group Private

- 60 Minutes - \$25/athlete

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