

Private Lessons

Gymnastics and trampoline can be a demanding sport. We realize that from time to time individual athletes may struggle with specific skills. The inability to achieve these goals or skills can be greatly influenced by fear, lack of confidence, lack of repetition and the need for extra coaching.

We offer a private lesson rate for those who would like to use this service. Private lessons are scheduled based on the availability of the coaches and gym, however we will do our best to accommodate requests.

**Private coaching time are subject to gym and coach availability.
Private lessons are available to members and non-members.**

Private coaching consists of the following:

- 1/2 hour of private coaching,
- The lesson may only include one event at a time,
- Maximum lesson is 1hr per session (Max 2 events), (Subject to availability)
- Special requests may be made for a specific coach; however the coach must be certified to teach the skills. The coach for the private lesson may or may not be your child's regular coach.

Cost:

Competitive: \$50 per 1/2 hr Level II and up coach.
 \$75 per one hour Level II and up coach

Recreational: \$30 per 1/2 Level I coach (Includes advanced recreational and trampoline skills as well as presentation skills for competitive level athletes)

There is no guarantee that your child will achieve the skill they desire in a single lesson.

For members:

If you would like to book a private session, you must email Tanya at admin@cobequidspartans.ca a minimum of two weeks ahead of your desired time. A description of the skill(s) you would like to learn must accompany the request. The request will be forwarded to your child's coach who will pre-determine if the skill is within the athlete's ability and level and also if a private session would be beneficial at the current time.

Non-members:

Please contact Tanya at the above address with the information as indicated and the information will be forwarded to the coaches who will contact you to make arrangements.

All private lessons must be paid in full prior to the start of the lesson.

