

# Why Hobgoblins?

Trampolining should be **FUN**, challenging, entertaining, & educational. We're **NOT** a bounce house, playground, babysitter, or free-for-all.

Hobgoblins is unique; we're a trampolining academy that actually **teaches about trampolining as a sport**. Our students work on social, motor and listening skills while **learning patience, creative thinking, linear thinking, a good work ethic, & an aerobic workout**. Students begin by learning **75 basic skills and combinations** such as Airplanes, Barani's & Codies. These basic skills also lead to advanced flipping, twisting & spinning.

"Excellence is achieved by mastering the fundamentals"  
Vince Lombardi

Hobgoblins is WNY's **ONLY** complete trampolining facility specializing in the use of trampolines to learn skills for **MULTIPLE SPORTS, & allowing time for those sports**. We have a 2 to 1 **student to trampoline** ratio, a time tested **first-class reputation** with 25 years experience & a proven outstanding safety record...

Hobgoblins brings all backgrounds & ages together in a fun, creative, non-pressured environment.

## EXPLORATION TIMES (70 MINUTES)

6 weeks for \$40, 12 weeks for \$75.

W 8:15- 9:25am	TH 8:30- 9:40am	S 8:15- 9:25am
W 2:05- 3:15pm	TH 2:20- 3:30pm	S 2:30- 3:40pm

## FUNDAMENTAL GYMNASTICS (45 MINUTES)

6 weeks for \$65, 12 weeks for \$120.

AGES 2-6		W 9:30-10:15	TH 9:45-10:30	S 9:30-10:15
		W 10:20-11:05	TH 10:35-11:20	S 10:20-11:05
		W 11:10-11:55	TH 11:25-12:10	S 11:10-11:55
		W 12:00-12:45	TH 12:15- 1:00	S 12:00-12:45
		W 2:05- 2:50	TH 2:20- 3:05	S 12:50- 1:35
		W 2:55- 3:40	TH 3:10- 3:55	S 1:40- 2:25
TU 3:30- 4:15	W 3:45- 4:30	TH 4:00- 4:45	S 5:05- 5:50	
TU 4:20- 5:05	W 4:35- 5:20	TH 4:50- 5:35	S 5:55- 6:40	
TU 5:10- 5:55	W 5:25- 6:10	TH 5:40- 6:25		
TU 6:00- 6:45	W 6:15- 7:00	TH 6:30- 7:15		
TU 6:50- 7:35	W 7:05- 7:50	TH 7:20- 8:05	AGES 6-10	
TU 7:40- 8:25	W 7:55- 8:40	TH 8:10- 8:55		

## GYMNASTICS, TRAMPOLINE & TUMBLING (70 MINUTES)

6 weeks for \$99, 12 weeks for \$185.

TU 3:30- 4:40	W 3:45- 4:55	TH 4:00- 5:10	S 9:30-10:40
TU 4:45- 5:55	W 5:00- 6:10	TH 5:15- 6:25	S 10:45-11:55
TU 6:00- 7:10	W 6:15- 7:25	TH 6:30- 7:40	S 12:00- 1:10
TU 7:15- 8:25	W 7:30- 8:40	TH 7:45- 8:55	S 1:15- 2:25
	AGES 6-10		S 5:30- 6:40

## TRAMPOLINE & TUMBLING (95 MINUTES)

6 weeks for \$120, 12 weeks for \$222.

TU 5:10- 6:45	W 11:10-12:45	TH 9:45-11:20	S 9:30-11:05
TU 6:50- 8:25	W 3:45- 5:20	TH 4:00- 5:35	S 11:10-12:45
TU 8:30-10:05	W 6:40- 8:15	TH 5:40- 7:15	S 12:50- 2:25
AGES 7+		TH 7:20- 8:55	S 5:05- 6:40

## TUMBLING ONLY (70 MINUTES)

6 weeks for \$70, 12 weeks for \$120.

TU 3:30- 4:40			S 8:15- 9:25
TU 4:45- 5:55	W 5:00- 6:10	TH 6:30- 7:40	S 12:00- 1:10
TU 7:15- 8:25	W 7:30- 8:40	TH 7:45- 8:55	S 1:15- 2:25
TU 8:30- 9:40	W 8:45- 9:55	TH 9:00-10:10	S 2:30- 3:40
			S 5:30- 6:40

## Trampoline Exploration

At 1 or 2, it's **not too early to get started with mom**, dad or grandma. There's **NO** instruction. It's time to play & explore **up to 70 minutes**. The membership fee is \$15.

## Fundamental Gymnastics

Our **45 minute class** can be with or without the aid of an adult. In this class students work on **social, motor & listening skills** while learning, improving & exploring the fundamentals. Lessons combine both gymnastic & **Trampoline Lessons**. The fun and creative environment helps **build strength, character, body & spatial awareness, timing & agility**.

Our **70 minute class is more challenging** for the learning, growing athlete. It includes time on **4 various styles of trampolines, more progressions, conditioning** and skills.

## Trampoline & Tumbling

Our **95 minute class** is for ages 7 to 65. We teach athletes of all ages, backgrounds & abilities. A one time **ORIENTATION** is required for this class. Here you will be **evaluated and introduced to Hobgoblins Trampolining Academy**. Call early for the next available orientation class, date and time.

## Tumbling Only

Our **Tumbling Only class** focuses on teaching the proper technique for round-offs, back handsprings, and front handsprings

## Membership

### The Introductory Membership is \$25.

Membership **includes a secondary insurance policy**, helps us keep class ratios low and focus on teaching in a progressive manner. You must be a current Hobgoblins member to receive any lessons. As trust and discipline grow, so do the athletes options within our community. Shortly **after 35 lessons** bonus classes are available & prices can **REDUCE**.

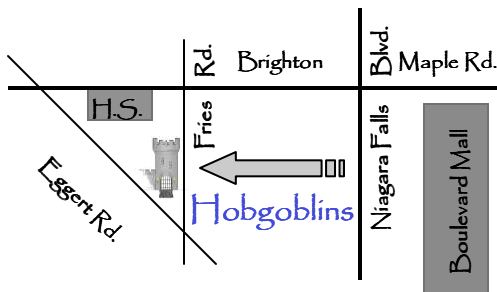
### The Hobgoblin Guarantee

New Members: Before the **SECOND** lesson, if you are not **completely satisfied** and believe you **HAVE NOT & WILL NOT** receive your monies worth for lessons from Hobgoblins Trampoline...

Simply let us know, and we will **refund** your Lesson Fee **in Full**.  
Membership fees are **NOT** Refundable.

"Hobgoblins is redefining the standard for disciplined Trampoline"

**CALL US FOR MORE INFORMATION. THIS IS A SHORTENED BROCHURE.**



## HOBGOBLINS HAS:

- Spectator viewing...
- Year round **flexible** scheduling...
- A fun, enjoyable, non-pressured environment for all ages including **toddlers, teens, and adults...**
- Multiple membership options**, lesson discounts, sleepovers...
- Adult programs & classes...**
- Field Trip & Group Options...**
- Open Workout Sat. 6:45-8:15pm**
- Family Night Sunday 5-7pm**



NEW MEMBERS

**GET  
\$15 OFF**

6 LESSONS AT  
HOBGOBLINS

Just by Telling us how  
you got this brochure.

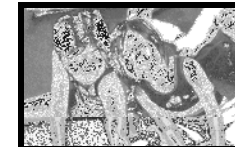
EXPIRES 9/21/08



REDEFINING THE STANDARD FOR  
DISCIPLINED TRAMPOLINING



2008-'09



**EXERCISE YOUR DEMONS...**  
300 Fries Rd., Tonawanda, 14150. (716) **445-9197**