

SCHOOL Trips



WHAT TO EXPECT:

Get ready for a day full of flips, jumps, and fun!

Your child will have the opportunity to explore a variety of awesome gymnastics equipment, including trampolines, TumbleTrak, foam pits, balance beams, bars, and obstacle courses, along with numerous exciting mats and apparatuses to climb, roll, and bounce on!

We keep groups small – so everyone receives plenty of attention and stays safe while having fun. All of our coaches are NCCP trained and love helping kids discover the joy of movement!

DRESS FOR GYMNASTICS SUCCESS:

- | | | |
|---|--|---|
| ☒ Hair tied back | ☒ Skirts or dresses | ☒ Jeans |
| ☒ Comfy athletic clothes (t-shirt and shorts or leggings) | ☒ Socks (bare feet are best for gymnastics!) | ☒ Jewelry |

We love helping kids discover the fun, fitness, and fundamentals of gymnastics – one jump at a time!

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