

# Trampoline & Tumbling

T&T Classes for boys and girls in first graders and older

Students new to gymnastics and first graders should start in a T&T 1 class. If you feel your child should start at a higher level, please call to schedule an evaluation.

**T&T 1:** This is an entry level class.  
Wednesdays 5:25-6:25  
Thursdays 4:15-5:15

**T&T 2 & 3:** Specific skills are required for these levels. If you have prior gymnastics experience and wish to enroll in this class, please call our office for information on evaluations.

T&T 2- Wednesdays: 4:15-5:15  
T&T 3- Wednesdays 6:35-7:35

### **Dress Code for Trampoline & Tumbling Classes:**

Socks must be worn on the sting-bed trampolines, so toes do not get caught between the strings. Snug-fitting cotton socks or grippy socks may be worn for the entire class.

One-piece leotard is a MUST for girls. No spaghetti-strap shirts or short shorts without a leotard, please. Gymnastics shorts and a snug-fitting shirt are ok over a leotard.

Boys should wear a snug-fitting T-shirt and shorts for boys. Shirt must stay in place for handstands.

Hair must be securely pulled back. If your child's hair can interfere with his or her vision, it must be pulled back. Please remove all jewelry prior to class (small earrings are OK.)

**Airborne**

FREDERICK, COLORADO