

Trampoline & Tumbling

T&T Classes for boys and girls in first grade 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.

Class Schedule for the 2018-2019 School Year

T&T 1: This is an entry level class.
Wednesdays 5:30-6:35
Fridays 4:15-5:20

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: 4:15-5:20
T&T 3- Wednesdays 6:45-8:05

Dress Code for Trampoline & Tumbling Classes:

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.

Bare feet, grippy socks, or gymnastics shoes are all OK.

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.)