



Welcome to Trampoline & Tumbling class! We are so grateful that you chose Rock Springs Gymnastics to enhance your child's mental, physical, and social health. We are proud of our recreational programs, and our Trampoline & Tumbling classes are no exception!

We have pulled together some tips and ideas that we would like for you to keep in mind as you enter the Trampoline & Tumbling program. These points are designed to enhance your experience, and for you to understand why we do what we do, and to also gather some insight regarding the progress you can expect from your children.

1. What should my child wear?

For girls, leotards and spandex shorts/leggings or unitards are best, but tight fitting athletic tanks, that cover the entire torso, are also allowed. Boys can wear tight T-shirts/tank tops or ones that can be tucked in and athletic shorts. For the safety of your athlete please do not allow them to come to class in clothing that does not cover their torso, is loose &/or baggy, or has any buttons, snaps, or zippers. Hair longer than shoulder length needs to be pulled back. Jewelry such as rings, dangly earrings, necklaces, chockers, bracelets, ankle bracelets, watches, fit bits, or smart watches will not be allowed. Each of these articles of clothing can become a safety hazard to your child and/or our coaches. Gymnasts coming to class with any of these articles will be asked to take them off and place them in their cubbies with their outside clothing.

2. Can I stay and watch class?

You are always welcome to stay and watch class! Kids love showing you all the things they are learning! We do however ask that for the safety of all the children, and yourself (the gym is full of unusual & soft surfaces), that you stay in the designated view areas.

3. What is the purpose of the class?

Rock Springs gymnastics is all about sharing our passion for the sport of gymnastics while focusing kids' energy into building self confidence and learning self responsibility, problem solving, team work, work ethic, and grit. This class is designed to teach power tumbling and trampoline only. As a parent, we encourage you to not put too much emphasis on the skills- we're all about learning life skills and most importantly- FUN!

4. How does my child move up?

Each level has a set of skills that requires mastery in order to move up. Each gymnast works on mastering these skills at their own pace and we will continue to challenge them with the next level of skills as necessary. When a gymnast has shown mastery of a complete level of skills, they will be tested on their skill mastery in class. This testing is done individually on an as needed basis so no one ever has to wait for a specific testing date.