

What you need to know!

- The Trampoline and Tumbling program is made for all kids of different ages, skill level, and background!
- Start with our Recreational program and advance all the way up to team!
- All classes are Co-ed!
- Learn basic through to advanced skills in the sport of Trampoline and Tumbling.
- Learn new skills everyday and earn ACHEIEVEMENTS!
- Join our competitive team to continue flipping above the rest around the state!



Registration!

Different Types of classes
all throughout the week!

Types of Programs:

- TNT Tigers (Ages 3-5)
- Recreational TNT (5-Up)
- Pre-Team TNT
- Competitive TNT
(Contact email attached if interested)

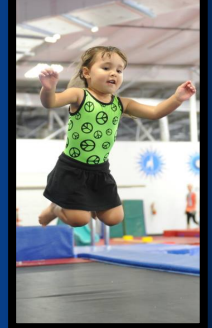
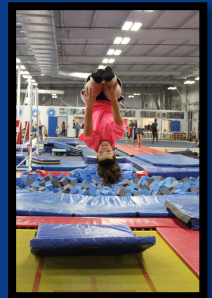
Price:

- \$64 Every 4 Weeks!

Talk with the front desk to get your
FREE tryout today!!



Trampoline and Tumbling Program



Come Flip Above the Rest
with the Suncoast
Trampoline and Tumbling
athletes!

PROGRAM DESCRIPTION!

TNT TIGERS:

This is a perfect program for any preschooler that loves to move, bounce, and let their energy out! Children can look forward to... Enjoy Cardiovascular Fitness and Build Stronger Bones

RECREATIONAL TRAMPOLINE AND TUMBLING:

Never bounced on a trampoline? Need to learn basic skills and proper form? Look no more; our recreational program allows athletes to practice for one hour, once a week, to safely learn the basics on trampoline, double mini, and floor.

COMPETITIVE TEAM:

Competitive is mandatory to compete! Experience in any aspect of trampoline and tumbling or gymnastics is highly recommended. Anyone interested must contact the Director before registering!

EVENTS

Trampoline

Trampoline is not only fun for all athletes of all ages, but it will also provide skills that will enhance athletes co-ordination and motor skills. Learning new trampoline skills from front flips to double twisting doubles. Competitive form will be taught in order for our athletes to be the best competitors they can be.

Tumbling

The tumbling aspect of this sport will be focused on providing athletes with the more advanced tumbling skills, such as, round-offs, back handsprings, and whips! Come to practice ready for knowledge on many tumbling techniques! Our coaching staff will help our athletes learn new tumbling skills and make sure they are learning daily!

Double Mini

Double Mini is comparable to vault, the artistic gymnastics event, because the athletes run and hurdle to the double mini. After hurdling to the double mini, the athletes perform two tricks before landing on the landing mat!

ABOUT COMPETITIVE!



If interested in the competitive Trampoline and Tumbling Team, Contact the Director using the information below...

Contact the Director at:
TNT@suncoastgymnastics.com for
more information