

# Los Angeles School of Gymnastics

is proud to announce its newest  
**Olympic Caliber Program**



## Tumbling & Trampoline

Students learn to flip and twist in the air while building physical strength, agility in conjunction with mental discipline. Levels are set forth by the United States Gymnastics Federation (USAG) and United States Tumbling and Trampoline Association (USTA).

Athletes at the Los Angeles School of Gymnastics compete on the local, regional, national and international levels including full NCAA collegiate scholarships and tuition endowments. Students learn basic introduction to the fun and high flying acrobatic skills needed for balance and tumbling on a trampoline bed. Students can choose from 1-hour classes or 2-hour sessions and are instructed by highly qualified trampoline and tumbling specialists that are certified by USA Gymnastics, USTA and OSHA organizations for safety.

The physical abilities and mental discipline your child learns to master trampoline and tumbling skills in combination with routines will improve their performance in other sports in school.

## Coach McCann

Dan McCann - Gymnastics and Trampoline Instructor has been teaching gymnastics and trampoline for the past 20 years. Programs are available to all levels and ages from the beginner levels, special needs, to the elite competitor. A national and international level competitor in gymnastics, Dan has performed professionally as a gymnast and trampolinist and is considered one of the top coaches in the nation for T&T.

In the 2007 competitive season Dan coached Isaac Obrist who won 4th place All-Around at the T&T California State Championships and qualified to the Level 9 National Division. Joining the Los Angeles School of Gymnastics T&T team is Ben Sharif to 1st place All-Around finish at the State Championships and a national qualifying score in the Level 7 division.

*"I am excited about teaching at the Los Angeles School of Gymnastics and working with this very fine coaching staff. I believe there is an excellent opportunity here to turn some enthusiastic kids who enjoy flipping into skilled competitive athletes on the trampoline with little as 4 hours a week of training. I truly believe the physical skills and mental discipline your child develops through the process of training and competing in gymnastics or trampoline will help them become better students in the classroom and serve them well for the rest of their lives."*



**Register Today!**  
**(310) 204-1980**  
**www.lagymnastics.com**

