

**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.

**Programs are available for all ages and all levels from recreational beginner to competitive elite.**



# **Register Today!**

**(310) 204-1980**

**[www.lagymnastics.com](http://www.lagymnastics.com)**