

# Home Schooled Tricking Class



**RED PANDA  
GYM**

Weekly Classes  
Tuesday & Thursday  
10am – 11am

All ages  
welcome 5yrs  
– 18yrs  
Beginners to  
advanced

Here at Red Panda Gym, we will open to anyone between the age of 5 and 18 and will include a range of Tricking skills including tumbling, acrobatics, kicks, ariel awareness, creativity.

The session will focus on improving core strength, coordination, and body awareness. This program is an excellent method to inspire young kids to become active and learn about their bodies' capabilities, laying the groundwork for a healthy, active lifestyle from the start! Participants also learn to interact with a variety of peers, gaining confidence and challenging themselves in a safe and enjoyable environment!

Benefits for participants:

- Physical engagement, strength and fitness
- Mobility, coordination, balance, hand-eye coordination, gross and fine motor skills
- Visual, spatial and biological awareness
- Problem solving and perseverance
- Self-confidence and motivation to become more engaged in other social/community activities
- Social engagement and teamwork.



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