



EMPOWER *with* MOVEMENT

**Book Your Free Trial Class
Today**

<https://www.tridentgymnastics.com.au/juniorgym>



JuniorGym (Ages 2-4)

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A coach-lead, parent assisted, class for the toddlers and pre-schoolers who love to somersault on the couch, swing at the playground and jump on the trampoline

JuniorGym Adventurers

JuniorGym Adventurers (Pre-Prep)

A coach-lead, independent class to prepare future preps. Learn a wide range of gymnastics basics, while also solidifying listening, turn taking and following a structured program



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