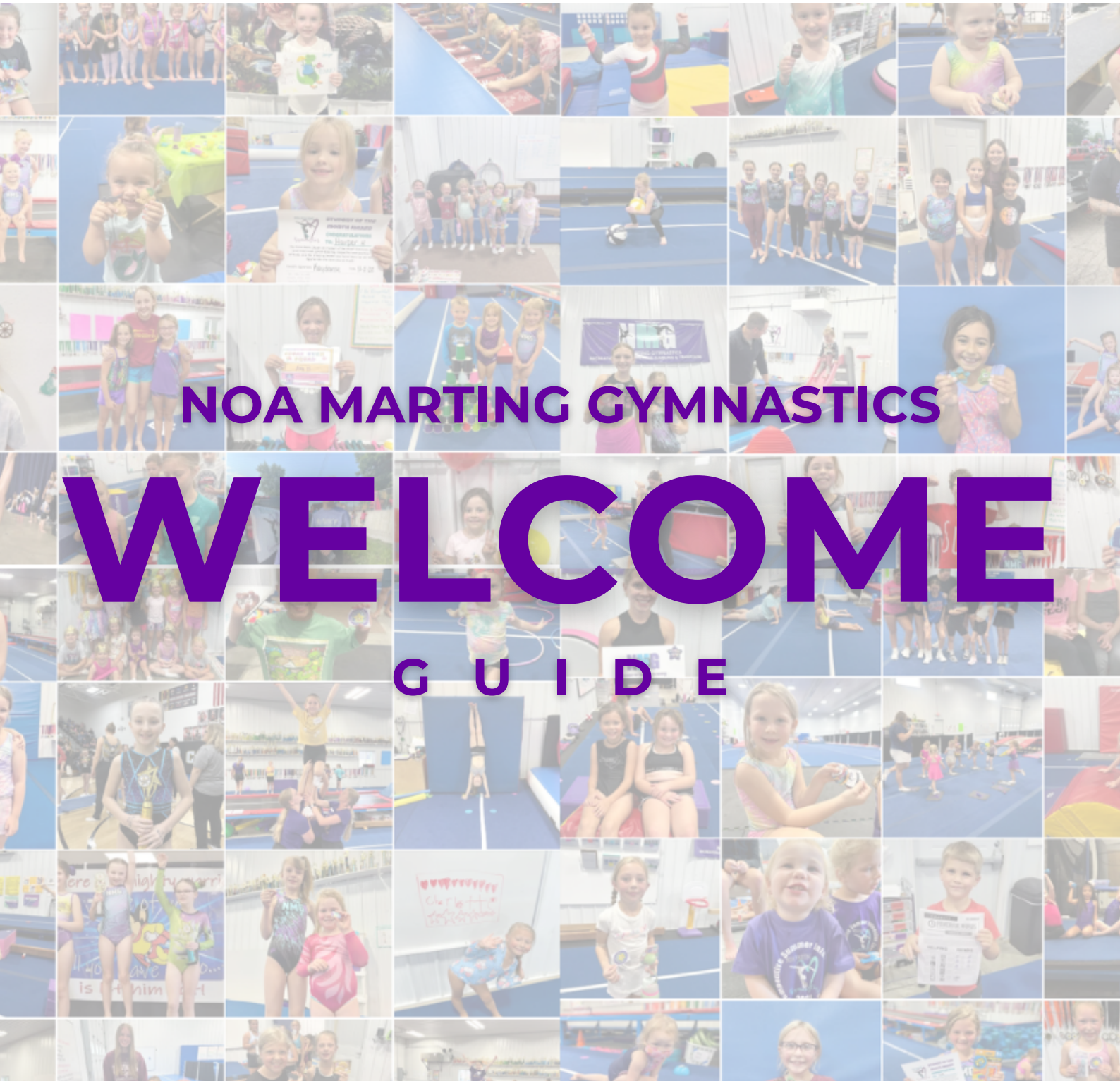




NOA MARTING GYMNASSTICS

WELCOME

G U I D E

**A place for building confidence,
strength, and lifelong skills.**



Tumbling

Rolls, handstands, cartwheels, safe landings.

Trampoline

Controlled jumps and aerial awareness, always with safe technique.



Ninja

Obstacle courses for speed, balance, agility, and grit.

Cheer

Motions, jumps, timing, and teamwork—confidence on (and off) the mat.





NMG

EXPECTATIONS

Dress Expectations

- Clothing: Fitted t-shirt & shorts, gymnastics leotard, or sports bra & shorts.
- Trampoline students: Trampoline shoes required.
- Hair: Pulled back out of the face—low ponytails/buns or side ponytails/buns are best for rolls



Class Expectations

- Bring a water bottle into the gym (water only).
- Keep personal items in a cubby in the lobby.
- Wait in the lobby until your coach calls your class in.
- After class, wait in the lobby for parent pick-up.
- No shoes on the gym mats.
- Use the restroom before class.



WHAT IS POWERFUL WORDS® CHARACTER DEVELOPMENT?

Powerful Words® is a nationally used character education program designed for youth activity centers like gyms, dojos, and studios. Each month features a single Power Word (for example: Adaptability, Respect, Responsibility, Courage, Charity). Coaches weave that word into short, age-right conversations and activities so kids can practice the skill both on the mat and at home.



How we use it at NMG

- **End-of-class Power Chat:** A reflection to help kids connect character to skills and life.
- **Spotlight moments.** Coaches call out real examples—"I noticed Leah showed Perseverance when she tried the cartwheel again."
- **Powerful Project:** A simple at-home activity to practice the month's word. Bring it back completed to earn a Power bracelet! We love to display projects in the lobby.
- **Team language.** Shared words help kids understand expectations and celebrate progress in a positive, consistent way.
- **Life-skills + skills.** We pair character habits (focus, kindness, patience) with movement skills (shapes, jumps, safe landings) so growth shows up beyond the gym.



We love celebrating effort, progress, and teamwork.
Here's how kids are recognized throughout the year:

> **POWERFUL ATHLETE OF THE MONTH**

Each month, we honor one standout athlete whose character and effort shine. The athlete receives a large Powerful words banner, signed with a positive note from all staff.

> **BRAG TAGS**

As athletes master new skills and habits (think: cartwheels, safe landings, perseverance), they earn new badges to add to their brag-tag key ring—a fun, visible way to celebrate progress.

> **STUDENTS OF THE MONTH**

Every coach selects a Student of the Month from their classes to recognize growth, positivity, listening, and teamwork.

A group of approximately 15 young girls, likely members of a youth sports or dance team, are posing for a photo on a blue mat. They are arranged in several rows, some kneeling and some standing. The girls are wearing various athletic outfits, including tank tops, t-shirts, and shorts. Some are making playful gestures like peace signs. The background is a solid blue wall.

WHY PARENTS LOVE

NMG

- **Confidence grows here.** Kids celebrate small wins that lead to big skills.
- **Safety first, always.** Clean equipment, progressive drills, and trained coaches.
- **Clear communication.** Weekly newsletter email updates, Parent Portal, Facebook groups, and onsite support.
- **Real life skills.** Focus, perseverance, teamwork—beyond the mat.
- **Age-right programs.** Preschool to advanced, Ninja, Trampoline, Cheer—kids progress at their pace.
- **Flexible & fair.** Make-up options (based on availability) and easy online management.
- **Community vibes.** A welcoming, positive place where kids feel seen and cheered on.
- **Powerful Words character development.** Kids learn shared language and monthly themes that carry from the gym to home and school.



CELEBRATE WITH US!

BIRTHDAY PARTIES

Make your child's big day easy, active, and unforgettable with gym time!

- 90 minutes of gym time
- Up to 20 kids
- Supervised free play (you run the party, we supervise for safety)
- Trampolines, foam pit, air track, obstacle courses, toys, sensory experiences & more
- Tables & chairs available — use them if you want
- Bring your own food, cake, and decorations if you choose
- We handle all the clean-up!
- Arrive 10 minutes early to set up
- Must be cleaned up and out by the 90-minute mark



Book your party just 1 week in advance — available time slots online. It's super easy to schedule.

BOOK HERE



CONTACT US

Strong bodies. Brave minds. Confident kids.

See your child grow in skill and confidence—one class at a time!



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