



# Metro Stars Gymnastics

Metro Stars Gymnastics offers a variety of programs including girl's gymnastics, tumbling, rock climbing, and ninja classes.

## **FANTASTIC GYMNASTICS**

Learn new skills on gymnastics equipment, including vault, bars, floor, and balance beam. You also will have an opportunity for open play to explore the entire gym! After an hour of fun we will have 30 minutes in our party room for refreshments (not provided) and time to reflect on our experience.

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Families, Adults

**Where:** Both locations

**When:** Call to schedule

**Cost:** \$15 per participant

**Recognitions:** Gymnastics patch

**Capacity:** Minimum 8, maximum 75

## **GIRL SCOUT NINJAS**

Test your skills on our amazing Ninja Warrior course. Using gymnastics and ninja equipment, you'll explore movement and strength. An hour of fun ninja activities followed by 30 minutes of snacks and an awards ceremony!

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Adults

**Where:** Both locations

**When:** Call to schedule

Cost: \$15 per participant

Capacity: Minimum 8, maximum 75

### **ROCK STARS CLIMBING COURSE**

Looking for a unique event that will challenge and inspire your troop? Join us for an activity that ROCKS! Learn the basics of rock climbing including safety, equipment, terminology, and effective climbing movement. Each group member will be challenged at their level, encouraging everyone to reach their goals! We will spend one hour on the wall followed by 30 minutes in our party room for snacks and a debrief.

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Families, Adults

**Where:** Elkhorn location only

**When:** Call to schedule

**Cost:** \$20 per participant

**Recognitions:** Rock climbing patch

**Capacity:** Minimum 8, maximum 30

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### **TWO LOCATIONS!**

**Where:** Metro Stars Gymnastics – La Vista, 12305 Cary Circle, La Vista, NE 68128

**Registration:** Call 402.505.7600

**Questions:** Contact Rick Johnson [via email](#)

**Where:** Metro Stars Gymnastics – Elkhorn, 3706 S. 203rd Plaza, Omaha, NE 68130

**Registration:** Call 402.991.5700

**Questions:** Contact Guest Services [via email](#).

**Chaperones:** Follow [Safety Activity Checkpoints](#).

**Refunds:** Refunds available with one-week's notice

[Click here to visit the Metro Stars Gymnastic's website.](#)