



**What is it?** The peace. love. swap. mission is to keep gently used baby, kid, and maternity items out of our landfills, and to donate to local charities by hosting fun, affordable, family friendly swaps for moms and dads. Bring in your gently used items & leave with something “new” ~instead of taking it to a thrift store or a consignment store....come in & swap it!

**How does it work?** Drop off the stuff you don’t want, get a ticket and sign in (make sure your clothing items are hung, or you can hang them at the gym. Then, hang out & enjoy American Powerhouse with your kid(s) while we get organized and set things out. When the swap starts, show your ticket, come in and take what you want. Leftovers go to charity. Details are on the website.

**When is it?** Every other odd month on the 3rd Saturday ~ drop off items from 10:00am –11:00am. Swap starts at 11:30 am and goes until 1:00 pm.

**Where is it?** American Powerhouse Gymnastics: 1091 Tinker Rd. Ste 300 ~ Rocklin, CA

**How much does it cost?** \$5 and stuff to swap (free if you volunteer- email me to sign up)

**SO.. be green** – come recycle your kid’s stuff & enjoy the gym with them ~ “shop” & take what you need (no limit) ~ win something cool in the raffle ~ and donate to charity..... all in a few short hours! - Be sure to check website for rules/faq’s & tips.

**Sponsored by:**



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