

Tramp/Tumble/AeroGym Classes



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Tramp & DMT
7 to 10 Years
4.30pm to 5.15pm

Tramp & DMT
9 + Years
5.15 to 6.15pm

Tramp & DMT
6 to 9 Years
4.30 to 5.15pm

Tramp & DMT
9 + Years
5.15 to 6.15pm

Tramp & DMT
7 to 10 Years
3.30 to 4.30pm

Tramp & DMT
10 + Years
4.30 to 5.30pm

AeroGym
8 to 13 Years
12.30 to 2.00pm

Tramp & DMT
5 to 8 Years
12.45 to 1.30pm

Tramp & DMT
9 + Years
1.30 to 2..30pm

Tumble
9 - 14
Years
2.30 to
3.30pm

Tumble
Senior
2.30 to
4.00pm

Just Tramp 5 to 7 year olds - An introduction to trampoline basics. Attend once a week for trampoline basics and fun.

Tumble - a class for those who have already mastered handstands, rolls, cartwheels and round-offs - this class will help your child move to the next level with a qualified gymnastics coach.

Tramp & DMT 8 to 10 year olds - Progressing from basic skills and introduction of double mini tramp (DMT). Attend once a week for trampoline fun.

Tramp & DMT 5 to 8 year olds - A class that includes tramp and double mini.

Tramp & DMT 10 year olds - For children either new to trampolining or carrying on from the 8 to 10 class. Attend once a week for trampoline fun.

AeroGym - combines floor based gymnastics skills, leaps, jumps and turns, strength skills, acrobatics, and conditioning, flexibility and fitness training into a high energy, fun class. Attend once or twice per week. This class is an introduction to aerobics.