



TRAMPOLINING

Are you looking for an amazing way to keep fit and have fun?

Do you have a garden trampolines or have you been to a trampoline park? We provide trampolining classes in safe controlled environment and have been producing Olympic standard trampolinist for over 35 years. Trampolining can build; confidence, agility, dexterity, health, wellbeing, passion and will help lay the foundations of a healthy lifestyle.

During our classes your child will gain knowledge in a safe, controlled environment with British Gymnastic qualified coaches. Teaching the very latest techniques with top of the range equipment whilst interacting with the other gymnasts. Trampolining is the perfect way to keep fit and healthy and have lots of fun doing it.

Do what Leonardo da Vinci couldn't and come and learn to fly with us.



Trampolining Classes and Times

Monday:

17:00-18:00 5-8 yrs

18:00-19:00 8+ yrs

19:00-20:00 8+ yrs

Tuesday:

17:00-18:00 5-16 yrs

18:00-19:00 5-16 yrs

19:00-20:00 Adults only

Thursday:

17:00-18:00 5-8 yrs

18:00-19:00 8+ yrs

Friday:

17:00-19:00, Advanced

Saturday:

9:00-10:00, 3-16 yrs.

10:00-11:00, 5-16 yrs.

11:00-12:00, 5-16 yrs.

10:00-13:00 Advanced

LOCATED AT: SALFORD GYMNASTIC CENTRE

Camp Street,
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