



# Trampolining

Looking for something different...

Fed up with doing the same old moves on the trampoline at home...

...Then book on to one of our trampolining courses!

## Benefits to this include:

- BAGA National Coaching Scheme, which offers progressive skills enabling the children to follow a structured programme for levels up to Award 15.
- BAGA coaching staff have attended the relevant British Gymnastics courses and have gained the necessary qualification to be delivering this sport.
- BAGA Talent Identification pathways - identifying talented children and ensuring they are offered a pathway to support them reaching their full potential in the sport.

Courses run term time, therefore vary in length and cost.  
Most courses are currently available however don't be too disappointed as some may have a short waiting list.

DC LEISURE   
Fitness Industry Association  
Operator of the Year 2008/9



Facilities managed by DC Leisure in partnership with Kingston Council

# Timetable



With courses running five days a week we will have the perfect course for you!

DAY	TIME	AGE
Monday	5.30pm - 6.30pm	3-7 years
Monday	6.30pm - 7.30pm	5-12 years
Monday	7.30pm - 8.30pm	12-16 years
Tuesday	6.00pm - 7.15pm	5-12 years
Tuesday	7.15pm - 8.30pm	12-16 years
Wednesday	6.00pm - 7.15pm	5-12 years
Wednesday	7.15pm - 8.30pm	12-16 years
Friday	4.00pm - 5.00pm	3-7 years
Friday	5.00pm - 6.00pm	5-12 years
Friday	6.00pm - 7.15pm	5-12 years
Friday	7.15pm - 8.30pm	12-16 years
Saturday	8.30am - 9.30am	5-12 years
Saturday	9.30am - 10.45am	5-12 years
Saturday	10.45am - 12.00pm	12-16 years
Saturday	1.00pm - 2.00pm	3-7 years

We also run course throughout every holiday period. All abilities are catered for; starting with taster sessions from 3 years old, to complete beginners courses, to the more experienced advanced levels.

Pick up our holiday activities leaflet for further details on these lessons.

### **Don't Miss Out...Extra Sessions!:**

Special Needs Trampoline Sessions 1st Saturday of every month 12-1pm

Adult Drop In Trampoline Sessions Monday 8.30-9.30pm and Wednesday 8.30-10pm

For further details and prices please contact reception on **0208 391 7910**.

Or send an e-mail to [enquiries@dcleisure.co.uk](mailto:enquiries@dcleisure.co.uk)