



Nordwestschweizerisches
Kunstturn- und Trampolinzentrum Liestal

NKL - individuell gefördert zum Ziel



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Trampoline4fun



For children and young people who like to jump on the trampoline and want to advanced their skills and their body control, without competition preparation.

Objective Systematic development of the basics jumps on the trampoline. Depending on your needs and skills, the level of difficulty is constantly adjusted. The acrobatic target elements are: front and back handspring, somersault forward and backward. Developing a confident feeling on the trampoline, athletics (development of strength and flexibility), floor exercises, acrobatics.

Age 8 years and older

Time Friday: 6.15 - 8.15 p.m. and Saturday: 12.15 - 2.15 p.m.

Where Gym Rosen 2, Rosenstrasse 21, 4410 Liestal

Cost CHF 450.— per half-year



Have we aroused your interest?

Then come and see us.

Contact: Steve Notter

061 901 18 19 (8 p.m. or later)

steve.notter@nkl-liestal.ch

For more information visit our website:

www.nkl-liestal.ch



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How to find us in Liestal



1
**Sport- und Gesundheits-
zentrum Rosen
Kunstturnerhalle Rosen 1
Rosenstrasse 12
4410 Liestal**

2
**Sport- und Gesundheits-
zentrum Rosen
Trampolin- und Kinder-
Turnhallen Rosen 2 - 4
Rosenstrasse 21
4410 Liestal**

3
**Sportzentrum Schauenburg
Kunstturnerinnenhalle
Schauenburgerstrasse 3
4410 Liestal**

**Office
Phone
e-mail
Website
Facebook
Instagram**

Rosen 1, Rosenstrasse 12, 4410 Liestal
061 599 25 67
info@nkl-liestal.ch
www.nkl-liestal.ch
@nkliest
@nkl_liestal