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# Trampolin4fun



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Nordwestschweizerisches  
Kunstturn- und Trampolinzentrum Liestal

**NKL** - individuell gefördert zum Ziel

# Trampolin4fun

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** 9 to 14 year olds

**Time** Wednesday: 6.30 - 8.00 p.m.  
Friday: 6.45 - 8.15 p.m.

**Where** Gym Rosen 2, Rosenstrasse 21, 4410 Liestal



Find out more about us and our offers at  
[www.nkl-liestal.ch](http://www.nkl-liestal.ch)

You can also reach us by phone at  
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