

EN

Gymnastics and school sports



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@nkliiest



Nordwestschweizerisches
Kunstturn- und Trampolinzentrum Liestal

NKL - individuell gefördert zum Ziel

Gymnastics and school sports

For all children who don't want /can't train in a competitive environment, but still enjoy gymnastics. With this training we offer a mix of athletics (building up strength and flexibility), floor gymnastics, acrobatics, high bar, trampoline and swing rings.

Age	from 7 years on (Boys) / from 9 years on (Girls)			
Time	Boys		Girls	
	Monday	4.30 - 6.30 p.m.	Tuesday	5.00 - 7.30 p.m.
	Wednesday	4.30 - 7.00 p.m.	Wednesday	2.00 - 4.30 p.m.
	Friday	4.30 - 6.30 p.m.	Wednesday	4.30 - 7.00 p.m.
			Friday	5.00 - 7.30 p.m.

Where	Gym Rosen 2, Rosenstrasse 21, 4410 Liestal
Competitions	No competition-oriented training



Find out more about us and our offers at
www.nkl-liestal.ch

You can also reach us by phone at
061 599 25 67 or by e-mail at
info@nkl-liestal.ch



SCAN ME!