

EN

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 13 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

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



SCAN ME!