

EN

# Basic training gymnastics / trampoline for Girls



@nkl\_liestal



@nkliiest



Nordwestschweizerisches  
Kunstturn- und Trampolinzentrum Liestal

**NKL** - individuell gefördert zum Ziel

## Basic training gymnastics / trampoline for Girls

We offer gymnastics lessons suitable for girls who like to move.

All children who like to move are welcome!

Mix of gymnastics training guided by competent coaches in an amazing gym.

### Beginners

#### Age: approx. 6 years

Monday 2.15 - 4.15 p.m.

Tuesday 2.15 - 4.15 p.m.

Thursday 2.15 - 4.15 p.m.

Thursday 4.30 - 6.30 p.m.

Friday 2.15 - 4.15 p.m.

Saturday 9.00 - 11.00 a.m.

### Beginners, 2nd year

#### Age: from age 8

Monday 4.30 - 6.30 p.m.

Tuesday 4.30 - 6.30 p.m.

Wednesday 2.15 - 4.15 p.m.

Wednesday 4.30 - 6.30 p.m.

Thursday 2.15 - 4.15 p.m.

Thursday 4.30 - 6.30 p.m.

Friday 2.15 - 4.15 p.m.

Saturday 9.00 - 11.00 a.m.

Saturday 11.00 a.m. - 1.00 p.m.

### Competition group, approx. Age 6

Monday 4.30 - 6.30 p.m.

Thursday 4.30 - 6.30 p.m.

Saturday 11.00 a.m. - 1.30 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  
**061 599 25 67** or by e-mail at  
[info@nkl-liestal.ch](mailto:info@nkl-liestal.ch)



**SCAN ME!**