



1-Day Trampoline Holiday Programmes

Beginner trampolinists will learn how to bounce safely and progress through our levels system towards somersaults and beyond. Those experienced will also be challenged. Competition trampolines, double-mini trampoline and inflatable air pit are set up in a safety conscious environment. Tuition will be in small groups with trained coaches to ensure plenty of hands on experience and fun. Our 1-day holiday programmes are suitable for children aged 7 years & over.

Dates: Monday 8th January
Friday 12th January
Monday 15th January
Tuesday 16th January
Friday 26th January

Times: 9.00am - 3.00pm

Venue: North Shore Trampoline Club (based at North Shore Events Centre, Silverfield, Wairau Valley)

Cost: \$60 per child

Bring: Comfortable clothing, ankle socks, water bottle, lunch & snacks

1-Day Trampoline Holiday Programmes: Please indicate which 1-day course your child would like to attend. To secure a place in one of our 1-day holiday programmes please email the club first to check if places are available: northshoretrampoline@xtra.co.nz Please email your child's details as indicated below and make direct credit payment to our club account: **ASB 12 3024 0560559 00**

Name: D.O.B: Sex: M/F

Address:

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Email:

Home Phone: Parent Cell phone:

Please list any medical conditions/medication or relevant injuries that may impact on your child participating in trampolining

How did you hear about us?