



## 3-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.

A certificate will be awarded at the end of our 3-day course. Our 3-day holiday programmes are suitable for children aged 5 years & over.

**When:** Tuesday 3<sup>rd</sup> to Thursday 5<sup>th</sup> October  
Tuesday 10<sup>th</sup> to Thursday 12<sup>th</sup> October

**Times:** 9.00am - 12.00pm each day

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

**Cost:** \$120 per child

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

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**3-Day Trampoline Holiday Programmes:** Please indicate which 3-day course your child would like to attend. To secure a place in our 3-day holiday programme please email the club first to check if places are available: [northshoretrampoline@xtra.co.nz](mailto: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.....

Attended a previous holiday programme? Yes/No Month..... Year.....

How did you hear about us? .....